Chichester HERALD

Friday 29 November 2013
YOUR FREE WEEKLY NEWSPAPER
www.chichesterherald.co.uk @chiherald

INSIDE

Feel the farce and nut sandwiches
ALLIS MOSS
Page 14

Win tickets to The Hunger Games Catching Fire
COMPETITION
Page 24

Fantastic food an arts at Picasso's, Midhurst
FOOD REVIEW
Page 27

Plans for traveller site

>> *West Sussex councils and Sussex Police join together to plan transit site*

Unauthorised encampments have been a common sighting in Chichester recently

Dean Adams
NEWS@CHICHESTERHERALD.CO.UK

LEADING councillors across West Sussex and Sussex Police have been working together to find a suitable solution to reduce the number of unauthorised encampments in the county.

Council leaders across West Sussex are recommending to their councillors that they enter into a multi-agency partnership agreement to manage and reduce unauthorised encampments in the area.

As part of this work, councillors at Chichester District Council will discuss possible plans to place a short-stay transit site for travellers on the outskirts of Chichester, at its Cabinet Meeting on Tuesday 3 December and at its Council meeting on Tuesday, 17December.

Following the introduction of a similar site, East Sussex has seen a significant reduction in the amount of unauthorised encampments and it is hoped that this could be replicated in West Sussex.

It is hoped that it would reduce the significant cost and disruption to the taxpayer and local land owners caused by unauthorised encampments, as well as providing the police with greater powers to take action.

All councils have been looking for a suitable site that could be used for this purpose. As part of Chichester District ..

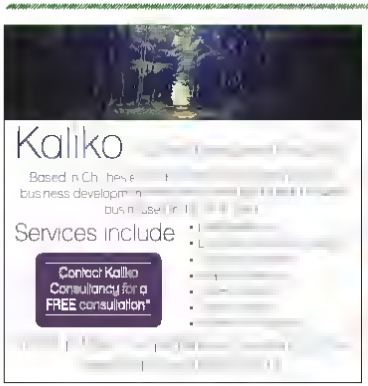
Continued on page 3

MORE HEADLINES >>

WOMAN SERIOUSLY HURT IN CHICHESTER COLLISION *Page 3*

FREE CHICHESTER PARK AND RIDE SERVICE STARTS *Page 8*

COUNTDOWN TO CHRISTMAS CAMPAIGN IS A HUGE SUCCESS *Page 10*



Christmas
At Drapewise
INTERIORS
Curtains and Blinds in Time for Christmas. Christmas Gifts and Ideas Now In!!!
Purveyors of Bespoke Soft Furnishings & Fine Linens
10b Southgate Chichester PO19 1DH Tel: 01243 780543
email: info@drapewiseinteriors.com

Woodland Crafts EVENTS MANAGEMENT
presents
9 DAY
CHICHESTER
Christmas
MARKET
in the pedestrianised areas of North Street and East Street
Sat 7th to Sun 15th December
Over 50 festive stalls with wonderful traditional and creative crafts, alongside the British shops in the heart of Chichester. Don't miss this fantastic opportunity to find those unusual Christmas gifts!
Mon-Wed, 9am-5.30pm;
Thurs (Late Night Shopping): 9am-8pm;
Fri & Sat: 9am-5.30pm, Sun: 10am-4.30pm
For more details of all our events, visit our website...
www.woodlandcrafts.co.uk
Tel: 01243 641305 | E: info@woodlandcrafts.co.uk

WANTED URGENTLY

PRESTIGE WATCHES

We purchase many more makes of Swiss Watches

JAEGER-LECOULTRE

RAYMOND WEIL
GENEVE

GUCCI

TAGHeuer

LONGINES

SCRAP GOLD, BROKEN JEWELLERY, WATCHES ETC.

Do you need extra cash this Christmas?

Lowery Jewellers

74 North Street, Chichester, West Sussex PO19 1LQ
Tel/Fax: 01243 789518 • Email: lowery@btconnect.com
www.loweryjewellers.co.uk

FOLLOW US ON TWITTER
@chiherald

West Sussex councils and Sussex Police join together to plan transit site

Continued from page 1

Council's redevelopment of its Westhampnett Depot, it has identified half an acre of land that could be used to accommodate nine short-stay pitches. This has been identified as a suitable location, due to its proximity to main roads and amenities.

If the project is given the go-ahead and planning permission is granted, it could be introduced by March 2015.

All councils across the county would share the costs of providing the scheme and West Sussex Council would be responsible for running the site and developing the multi-agency enforcement protocols. It is also hoped that the scheme would attract grant funding from the Homes and Communities Agency.

"We are in a very difficult situation because the district alone has had 51 unauthorised encampments in the past year. We need to find a suitable solution that provides an appropriate stopping site for the Gypsy and Traveller community and reduces disruption to our local communities. Research and evidence shows that a transit site is the best solution," said Cllr Heather Caird, Leader of Chichester District Council.

"The proposed location is surrounded by our depot and is close to the main road, which is why I am convinced that it is a good proposal. If the project is given the go-ahead we will work closely with those who live and work close to the proposed site. We have sent out letters to make them aware of the proposals and explained the steps we will take to involve them if it is agreed by Council," she adds.

Sussex Police & Crime Commissioner, Katy Bourne, said: "I am very aware of the issues surrounding unauthorised encampments in West Sussex and the disruption they cause to local residents. Many communities across the county are affected at some point during the year and the concerns from local people form a significant part of the correspondence to my office.

"I have been working closely with all the partner agencies and am fully supportive of their work with Sussex Police to resolve this ongoing issue.

"A transit site will enable Sussex Police to use all the powers at their disposal and direct the unauthorised encampment to the transit site or instruct them to leave the county and not return within three months.

"I will continue to do everything within my power to ensure that Sussex Police maintains a consistent approach. It is also vital that local people are kept fully informed at every stage and I will continue to make sure that the police are working closely with councillors and other agencies to resolve matters as and when they occur."

Louise Goldsmith, Leader of West Sussex County Council said: "This was a project that was first put forward by the West Sussex Cooperative, a multi-agency group that is focused on the achievement of specific strategic priorities that benefit residents.

"I share the view that this will help reduce the disruption to the taxpayer and local land owners caused by unauthorised encampments, as well as providing the police with greater powers to take action."

Let us know what you think @Chiherald

Man exposes himself in Chichester

POLICE are appealing for witnesses to a man who exposed himself in Avenue de Chartres in Chichester on Monday, November 25.

A woman called police to say she saw a man expose himself to another woman near to the multi-storey car park at around 9.35am. This witness was walking towards Waitrose when she saw the suspect on the other side of the river.

The victim carried on walking towards Chichester College.

PC Alex Johnston said: "We would like to speak to the woman this man exposed himself to. She is believed to have been between 18 and 22-years-old and blonde, we need to trace her so we can continue with our enquiries. The suspect is described as a middle aged white man with medium length dark hair. Anyone who has any information or who saw what happened is asked to contact police on 101 or email 101@sussex.pnn.police.uk quoting serial 336 of 25/11.

Woman seriously hurt in Chichester collision

A WOMAN pedestrian was seriously hurt outside the outpatients' department at St Richard's Hospital, Chichester, after a road traffic collision.

The incident happened at 3.42pm on Tuesday, 26 November.

She suffered serious head injuries after she was in collision with a silver Land Rover Freelander being driven by a 68-year-old woman and has been detained at St Richard's Hospital for treatment.

Anyone who saw what happened is asked to phone Sussex Police on 101, quoting Operation Whatton, or email 'collision.appeal@sussex.pnn.police.uk'.

Anorak Corner

Interesting snippets of information about Chichester

In the 19th century Emsworth had as many as 30 pubs and beer houses, probably to do with the fact that Emsworth was a fishing village.

PRIVATE NURSING HOME FOR THE ELDERLY
WESTHAMPNETT HOUSE
...everything matters!
Well known in the area for providing a high level of care Westhampnett House is set on 3.5 acres of West Sussex's finest parkland on the outskirts of the historic city of Chichester
Boasting its own listed Dovecote Pond Apple Orchard and Stunning Gardens the handsome Grade II listed Georgian building together with later additions provide an idyllic setting for the nursing and recovery of the 32 residents that our Home caters for
We promise good warm old fashioned care and hospitality Come and visit us to experience this We offer Full Nursing Care Respite & Short Stays
Westhampnett House, Stane Street, Chichester PO18 0NT
Tel 01243 782986 Fax 01243 778935
admin@westhampnetthouse.co.uk

Tweets of the Week

All tweets are from Chichester people or about the area (some tweets may contain errors) **Let us know what you think @Chiherald**

@Alresfordhater
Thanks to @PeterCooperVW Chichester for first class customer service with regards to my Evo #customerservice

@AdAstra_Mktg
Haven't been this excited since Bonfire night! Heres what to expect at the #Chichester Christmas lights!

@WestgateLeisure
Chichester District Council - State of the art equipment planned for new gym at The Grange

@SuzyHeight
Looking fwd to the Chichester Xmas lights switch on tmrw night need to get into the festive spirit!

@Goodwood_Races
It's Competition Time! over on Goodwood FB – tell us about your favourite Goodwood raceday to win! Enter here - on.fb.me/1aCd5Du #WIN

@MidhurstUK
#Midhurst has one of only 6 Black Ash Trees in #sussex (at the edge of the water meadow opposite MRC) #nationaltreeweek

@AndysFish
If your dog poos outside my shop AND you don't collect it AND I catch you, be prepared to wear it. Thank you!!

@LouiseFenwick
Ooh! Hot chocolate is good @Treats_Chi "You get large marshmallows with it too' #chichester > good for warming up'

@chichesterharbo
Congratulations to Emsworth on successfully joining the Walkers are Welcome scheme @WalkersrWelcome

@DartagnanMens
People shouting on their phones on the train! Top 5 most annoying things!!! #justtalknormally #stopshouting

They had all the fancy flavours, but I wanted tea!

CHICHESTER CHRISTMAS

Attending the official switching on of the lights last night was something we'd looked forward to in our house because it was free, charming and slightly naughty. By which I mean that Chichester central normally shuts down at 6.00pm every night and you usually feel you're breaking some medieval law by being at the Cross when it's dark.

NIGELLA LAWSON

Anyone who has had to endure the horror of earing for the love of their life as they slip slowly away at a young age as Nigella did with her first husband...can do what they like to their own body and soul for the rest of their lives as far as I'm concerned as long as it doesn't do too much hurt to anyone else.

BANNED NUMBER PLATES

The DVLA has issued a new list of banned plates that sound smutty. A tepid example is SL14 AGS. I doubt most normal people would be able to work out what their single entendre is supposed to be.

DODGY NAMES

A racehorse once fooled the authorities with the name 'Hoof Hearted". That's more like it. I tried for "Sir Osis" with a 2 year old but it was declined and we settled for "Sir Rufus".

FANTASY

Rich people seem to have one thing in common, no sense of humour. If I had untold wealth I would buy a dozen racehorses and call the first one 'A Horse." The second one "Another Horse", the third 'Yet Another Horse." Then I'd enter them all in the same race, just to enjoy the commentary.

FANTASY 2

Also I would buy the world's most expensive car and blue tack a hand made sign in the back window "For Sale 34 miles MOT FSH £17 million ONO"

CYCLING Vs JOGGING

20 years ago men started jogging. Women were slow to join in. Today men go cycling, leaving the pavements free at last for women to jog.

COVENT GARDEN

Jayne (wife) went to Covent Garden for a conference (swanky) and stayed up to enjoy the shops. She was bitterly disappointed. Sparkly tatt, dull chain shops you get in any high street and a backstreet barrow market with no Dick Van Dyke earnestare cockneys in sight. She said her fave run of shops: Halfords-Lidl opposite Sainsbury's best Covent Garden hollow.

TIPPING

We bought 2 mini live Christmas trees in Homebase to go in pots outside the front door. The lad who helped us was brilliant, waiting patiently while we painstakingly chose

Nigella Lawson

(yeah like one is any different from another) then taking them to the till then loading them really carefully in the car boot, putting the back seat down for us so they didn't have their tips bent. I watched him realising his deep care was because he was handling LIVE CHRISTMAS TREES and has subsequent child was nursing one of our most precious motifs. I tipped him enough for a pint of Peroni, another symbol of pre adult adulation.

TEA Vs COFFEE

I had a cup of tea in the Westgate cafe they had all the fancy flavours but I wanted tea. "Yes" I was told "We do ordinary." No wonder coffee is everywhere in Chi with all its trashy marketing 'Skinny' and 'Americano to go'. Our national drink which saw us through 2 World Wars and God knows how many recessions and personal crises is marketed as "Ordinary".

EXCELLENT JOKE

What do you get if you cross a rhino with an elephant? No-one knows, but it's not irrelevant...

Contact Tommy: tommy.boyd@chichesterherald.co.uk
Follow Tommy on @TheTommyBoyd

Chichester Herald
Twitter: @chiherald
Suite 801-806 The Hornet Chichester West Sussex PO19 7BB 01243 200999
FREE EVERY FRIDAY HERALD
info@chichesterherald.co.uk www.chichesterherald.co.uk

Chichester Herald is a free weekly newspaper available for self-selected pick up every Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **83,000**

Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Cineworld, newsagents, One Stop, Chichester College plus **422 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

Pick up point areas and businesses delivered to include
Aldwick, Arundel, Barnham, Bognor, Bosham, Bracklesham, Chichester, Emsworth, Fontwell, Goodwood, Midhurst, Nyetimber, Pagham, Petworth, Rose Green, Selsey and East & West Wittering.

Founder/Managing Director:
Dean Adams *(Managing Editor)*
dean.adams@chichesterherald.co.uk

Sub-Editor:
Megan Hedges
megan.hedges@chichesterherald.co.uk

Advertising:
advertising@chichesterherald.co.uk

News, sport & entertainment:
news@chichesterherald.co.uk

Accounts:
accounts@chichesterherald.co.uk

Business Development Manager
Kate Hobson
kate.hobson@chichesterherald.co.uk

It really does work... the testimonials
Furniture & More, based in Terminus Road, say: "Whilst a couple were having a coffee in Ithe they picked up a Chichester Herald from the stand in the cafe. They were in Chichester looking for furniture. Having seen the advert they came around to the showrooms and having been impressed with the quality and prices they ordered a large selection of goods from us!

recycle
Chichester Herald is printed from 100% recycled paper. Please recycle after you have finished reading your wonderful newspaper.
Printed by Iliffe Print www.iliffeprint.co.uk

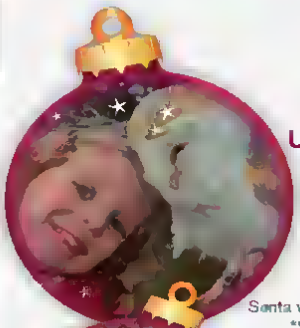
Aldingbourne Country Centre
Support Change Live Life Change Lives

PRE-BOOK
TO MEET SANTA
In his Grotto and receive a present!
£5 PER CHILD
SPACES LIMITED
Book now to avoid disappointment!
Call Michelle on
07918058600 to book

...as this is an additional activity all members of your group will still be required to pay event entrance fee

The Magic of Christmas

£6 per child (Age 2 – 16) £3 per adult Family ticket £15 (2 adults and 2 children) No concessions



INCLUDED IN YOUR TICKET:

Unlimited access to Teacups Ride and Zorbs!

Entry to the Open Farm

Get up close to real life Owls
(additional charge for photo)

An appearance from Santa*
(12 30 – 1 30pm)
Santa will be making an appearance during this time included in your entry ticket
*Should you wish to meet Santa in his Grotto then this is an additional charge and needs to be **pre-booked!**

Finnegans Siberian Huskies
12 30 3 00pm (photo opportunities for a donation)

Meet the Elves and write a letter to Santa
who promises to reply to every letter received!

Entry to the Christmas Market (Festive delights for sale)

Festive Mini Golf, Treasure Trail, Woodland Walk and Play area

*Additional attractions which will incur a further cost such as Festive Food in the Cafe BBQ, Face Paint 4 U, Christmas Games plus more!

SATURDAY 7TH DECEMBER 2013 10AM - 3PM

ALL PROCEEDS FROM THIS EVENT WILL BE PUT TOWARDS OUR £4 MILLION FUNDRAISING APPEAL WHICH WILL IMPROVE FACILITIES AT THE COUNTRY CENTRE SUPPORTING ADULTS WITH LEARNING DISABILITIES TO GAIN EMPLOYMENT AND DEVELOP SKILLS TO LIVE INDEPENDENTLY

Sponsored by ALLFIELD

The Aldingbourne Country Centre, Blackmill Lane, Norton, Chichester, PO18 0JP
www.aldingbournetrust.co.uk Tel: 01243 542075 michellem@aldingbournetrust.co.uk
Charity No: 276464

LIONS

All information is correct at time of print. Aldingbourne Trust cannot be held responsible for any unforseen changes. Queues likely

RAT PACK
at Christmas

The Venue Chichester — Friday 13th December

'MAGNIFICENT !' - The BBC

Frank Sinatra - Dean Martin - Sammy Davis

Tickets 01243 531 898 Book online www.thevenueuk.com www.ratpack.biz

Global Entrepreneurship Week a huge success at Chichester College

AFTER WEEKS of planning and collaborative working, Global Entrepreneurship Week finally kicked off with a range of events across Chichester College last week.

Now in its second year of enterprise delivery, Chichester College has successfully increased awareness of entrepreneurship opportunities in College and the local area.

The aim of the Week is to celebrate entrepreneurship and the positive impact it has on individuals, businesses, and the economy and to also embrace the successful and talented Xpress Yourself team, the College's enterprise society.

On Monday 18 November, students were given the opportunity to take part in the '£10 Tycoon Challenge' and the aim of the game was to generate as much cash as the students could from just a £10 stake, and 50% of the profit goes to a nominated charity. The winning group bought and sold umbrellas with a whopping £120 profit and their chosen charity being Children in Need.

On Tuesday 19 November, Barclay's visited Chichester College to help students set up their own businesses and offer sound advice to students on what steps to take to make their businesses a success. 'Foundation degree Events Management students found the activity rewarding and educational'.

Mid week in Global Entrepreneurship week saw a busy day packed full of activities and presentations. To add to the mix, Chichester College's entrepreneurship society Xpress yourself won a £5,000 investment after beating 11 UK College's after submitting a business plan and video.

Five members of Xpress Yourself undertook the challenge to pitch at the Google Campus in London for funds to support the growth and sustainability of Xpress Yourself. Chris Foster, Shannyce Adamson, Josh Kew and Oscar Gracie joined the College's very own Entrepreneur in Residence, Hannah Wattam for a nerve racking pitch to a trio of Britain's top entrepreneurs.

After explaining that the money would be used to fund a number of different enterprise ideas throughout the college and the local community, the team were successful in receiving the full amount on offer! 'Each member of the team did a fantastic job and was commended on their professional approach.

Within the coming months Xpress Yourself will be investing in more start-up companies, more curriculum companies, more pop-up shops whilst branching out into projects in the local community; using student skills from across both the Brinsbury and Chichester Campuses.

Meanwhile at the College in the morning, local employers visited to help Level 3 IT students expand their businesses using mobile technology and educated them on product branding and sales. The presentation called 'Business in a box' invited guest speaker Michael Jacobsen from start-Up Britain to chat to the College students.

During the afternoon, Chichester College launched 'Dragons' Den' and students had the chance to win an investment of £100 to help launch their business. Students had to pitch their ideas to a judging panel including local Chichester Councillor Tony Dignum who thoroughly enjoyed his participation in this event.

Winner Luke wowed the panel with his original idea of a pitch up three wheeler van that turned into a coffee shop, which could attend event such as car boot sales to offer a hot drink to cold hands.

On Thursday, a Mumpreneur Networking meeting was held at the College led by Dawn Gracie, and Level 1 learners from across the College attended an Enterprise day with lots of local employers including RIDA, Grow , CAL, MITIE, BAM Construction, Alto Marketing Nxtera Ltd, Liquid Media Co, Surf and Ski Sports Ltd , Liz Earle Beauty Company and Portsmouth Cultural Trust.

It was an interactive day with lots of energy. Students learnt important enterprise skills such as problem solving, team building and customer awareness. Over 100 students attended and the event prepared them perfectly for the world of work.

In the evening, Level 3 Beauty Students held a pamper evening at Fish Bourne Primary School with all proceeds going to school funds. The students were extremely professional and transformed the school into a pamper parlour with fairy lights, massage tables and a polite welcoming manner. An amazing £580 was raised and Caroline Townsend, a lecturer in Beauty Therapy said: "The girls looked absolutely stunning! They were so professional and polite to all the customers".

On the fifth and final day of the week, Pop-Up Enterprise shops were held in the food hall offering a wide range of products all made and produced by students. There were 16 stalls, which catered for products such as 'tree's made of sweets', a book stall, hand made Christmas tags and the fashion students made make-up bags.

Helen Loftus, Assistant Principal and Head of Enterprise said: "Global Entrepreneurship Week was a fantastic success. The daily events and challenges really captured what enterprise is all about and the students certainly rose to the challenge. GEW gets bigger and better each year as more we work more closely with local community groups and employers. The students have amazing skills so capturing and showcasing them is extremely rewarding."

There's certainly no stopping these budding entrepreneurs!

Kaliko

Business Development Consultancy

Based in Chichester, Kaliko Consultancy offers personal business development services to small and medium sized businesses in the local area

Services include.

- Lead generation
- Localised sales and marketing
- Client representation
- Strategic planning
- Market analysis
- Content writing
- Business consultancy

Contact Kaliko Consultancy for a FREE consultation*

07729 121562 kate@kalikoconsultancy.co.uk www.kalikoconsultancy.co.uk

Co-Wheels car club celebrates its first birthday

CHICHESTER'S CAR CLUB is celebrating its first year of serving the local community. Co-Wheels Car Club Chichester launched two cars in November 2012 and has since seen the number of drivers using a Co-Wheels car grow steadily. Over its first year, the cars have covered 5,700 miles which is equivalent to 40 return trips from Chichester to Big Ben!

Daire Casey, who chairs the local group that runs the club, said: "I'm really pleased that picking up a Co-Wheels car is now a part of local life for Chichester's businesses and residents. Having proven the concept, we're now looking to grow the club and offer new cars in new locations throughout the city."

One local business, Jubilee House B&B, recently gave up both existing cars to instead use the car club for access to a car and, in doing so, save money and parking spaces for guests.

The club's two cars, one on East Street and one on West Street, both carry the distinctive 'Co-Wheels' community interest company logo. If you use your car (or one of your cars) for fewer than 8000 miles per year then using the car club should save you money. If you are interested in joining then please see the website at: www.co-wheels.org.uk/chichester or contact Daire at dairecasey@hotmail.com

Daire Casey and Co-Wheels Car with birthday candle

South Chichester CLC gets ready for winter

SOUTH Chichester County Local Committee (CLC) will be finding out about winter preparations next month.

The Committee will receive an update on the Winter Maintenance Service Plan when they meet on Tuesday, December 3, at 7pm, in Committee Room 3 at County Hall, West Street, Chichester, PO19 1RQ.

It will set out the operational strategy for keeping roads, paths and cycle paths safe and passable.

An Operation Watershed update will also be provided, with members receiving information on projects to tackle problems caused by flooding in the South Chichester area.

Committee Chairman Margaret Whitehead said: "With winter upon us, it is important to find out what action is being taken and how we can best prepare for the coming months.

"We will also be inviting residents to raise any issues or concerns during the regular talk with us' forum, as well as considering the latest applications for Community Initiative Funding."

Prior to the meeting, a roadshow will be held at County Hall, from 5.30pm, which will explain the challenges West Sussex County Council will face and what its priorities will be over the next four years.

To view the agenda, please visit the County Local Committee webpages at www.westsussex.gov.uk

Christmas Fair
Westgate Leisure Chichester
Sunday 8 December 2013, 10am - 3pm
There will be:
• a large variety of stalls
• come and meet Santa
• a choir
• mulled wine
A great opportunity to find a wide range of crafts, unusual and individual gifts for all your friends and family.
For more information:
Tel: (01243) 785651 or
www.westgateleisure.co.uk
Westgate Leisure

Free Chichester park and ride service starts

THERE'S AN EARLY Christmas present once again for shoppers heading to Chichester for some festive shopping.

The popular free park and ride scheme is back for the Christmas season – ready to whisk residents and visitors into Chichester City Centre in stress-free style.

It started yesterday (Thursday 28 November) from 4.30-8pm when the Christmas lights switch on event took place and late night shopping.

It then operates every weekend before Christmas as well as running on December 23 and 24. The service will run every 15 minutes between 8am and 6pm, with the last shuttle bus leaving the city centre at 6pm. It will leave from Chichester College car park at Westgate and drop off to:

- Eastgate (opposite the Cattle Market car park)
- Northgate (the lay-by in Oaklands)
- The Cathedral

The service will operate on

- Thursday 28 November (from 4.30-8pm for Chichester Christmas lights switch on event and late night shopping in the city),
- Saturday 30 November,
- Sunday 1 December,
- Saturday 7 December,
- Sunday 8 December;
- Saturday 14 December;
- Sunday 15 December;
- Saturday 21 December;
- Sunday 22 December;
- Monday 23 December, and
- Tuesday 24 December.

Councillor Myles Cullen, Chichester District Council's Cabinet Member for Economy, Property and Tourism, says: "We're delighted that the free park and ride service is returning for Christmas 2013.

"If you've used the service before, you will know the benefits of parking at the Park and Ride facility at Chichester College and then continuing the rest of your journey into the city centre by public transport. This offers a convenient and less stressful alternative to the car. With a dedicated bus every 15 minutes, shoppers and families can benefit from a quick and reliable journey into the city centre avoiding congestion.

"This service also provides a welcome boost for traders."

The initiative is being organised and funded by Chichester District Council, and supported by Chichester College.

For more information see www.chichester.gov.uk/parking, email carparks@chichester.gov.uk or call 01243 534500.

Review of car parking charges reconsidered at later date

A REVIEW of car parking charges across West Sussex has been questioned by County Councillors.

Recommended proposals to increase on-street parking charges in line with inflation, improve the administration of residents' parking schemes, and correct imbalances between on and off-street parking in some towns came under scrutiny from the County Council's Environmental and Community Services Select Committee.

The Committee agreed it needed more detailed financial information in order to better understand the justification for, and impact of the proposals, before it could endorse any them.

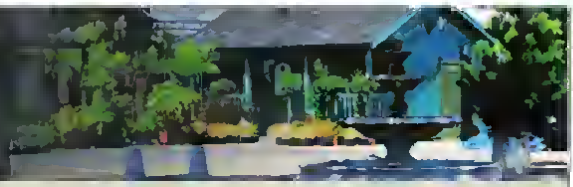
It requested that the updated report be considered again by the Select Committee, before the Cabinet Member for Highways and Transport makes a final decision.

Select Committee Chairman Graham Tyler said: "This proves that democracy is alive and kicking, even in these tough financial times.

"Parking is an emotive subject, and with different circumstances in each location to consider, the best course of action is to hold firs and wait for a second report."

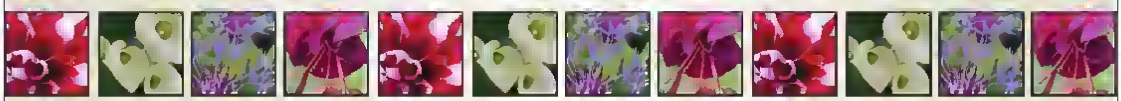
Cabinet Member for Highways and Transport, Pieter Montyn, said: "I look forward to hearing the views of the Select Committee on parking charges in due course."

CEDAR
GARDEN CENTRE



EVERYTHING MUST GO • CLEARANCE

SALE
NOW ON



CEDAR GARDEN CENTRE, BIRDHAM ROAD (ON THE WAY TO THE WITTERINGS)
WWW.CEDARGARDENCENTRE.CO.UK 01243 782666

Countdown to Christmas campaign is a huge success

THANKS to the generosity of local businesses the Countdown to Christmas campaign on Chichester District Council's facebook page (www.facebook.com/ChichesterDistrictCouncil) has already had hundreds of thousands of views

The campaign aims to raise awareness of what the Chichester District has to offer through an amazing free Christmas giveaway competition.

Thousands of pounds worth of prizes have been donated by businesses from Chichester, Midhurst, Petworth and Selsey to draw attention to the array of shops, restaurants, attractions and experiences within the district.

Prizes have included a night away for two, hundreds of pounds worth of vouchers to spend in shops and restaurants, a £250 handbag, a £370 watch and even a diving course!

The Chichester City Centre Partnership, Selsey Town Team and Rural Town Co-ordinator in Midhurst and Petworth have all helped Chichester District Council pull the big Christmas giveaway together

"Over seventy prizes have been donated," says Cllr Myles Cullen, Deputy Leader and Cabinet Member for the Economy, Tourism and Car Parks at Chichester District Council

"Not only has this helped to draw attention to the district and what it has to offer, but it has helped to bring festive cheer. Some of the people who have won have told us how this has really lifted their spirits in these challenging times

"We would like to thank all of the businesses who have taken part and we hope that it will encourage people to make the Chichester District their number one shopping destination.

"The Countdown to Christmas campaign is also making people aware of key information across the festive period, including our free park and ride service which starts this week."

The competition started on 13 November and will continue to run every weekday until 20 December. All people have to do to be in with a chance of winning is the like the Chichester District Council Facebook page (www.facebook.com/ChichesterDistrictCouncil) and like and share the giveaway posts. They also have to be able to collect their prize

Melanie Burgoyne Rural Towns Co-ordinator at Chichester District Council, Cllr Myles Cullen, Cabinet Member for the Economy Tourism and Car Parks at Chichester District Council Stephen Oates Economic Development Manager at Chichester District Council and Sam Tate, Selsey Town Co-ordinator

Further Countdown to Christmas information can be found at www.chichester.gov.uk/christmas

The prizes donated include:

The Belle Isle- A three course meal for two plus a bottle of wine, The Angel Inn- Meal for two up to £50 in Petworth and GoldArts- £379 watch

mind | Chichester Area

Friends in Mind

Events for people with an early stage dementia

This is a new planned programme of different and stimulating regular events, recognising the needs of those people living with an early/moderate stage dementia who feel their social life may be slipping away. Carers also welcome.

November & December programme

Friday 29 November 1.00 – 3.30pm
St Pancras Parish Hall, St Pancras, Chichester
Meet others and enjoy a welcoming sociable afternoon. There will be a lighthearted talk and chance to see some friendly owls. Owls About Town here at 2pm

Wednesday 11 December 12.30pm
Christmas Lunch at The Walnut Tree, Vinnetrow Road, Runcton PO20 1QB

2 courses plus coffee, choice of menu.

£10 per person, booking essential

For further details, or if you would like to attend, phone Rayner on 07507 164859, or email raynerwaszkl@hotmail.co.uk

An initiative of the Chichester and Regner Dementia Care Forum. Supported by Health or Chichester Partnership, Chichester Area Mind, Carers Support West Sussex, Alzheimer's Society and the people of Chichester

Lavant House artists scoop clutch of prizes

HOPING to repeat their success of last year, twenty three Lavant House art pupils entered work into the Chichester Decorative Fine Arts Society Schools' Art Competition recently

The competition, whose theme this year was 'Fantasy', attracted over 200 entries and Lavant House girls were thrilled to be awarded both first and second prize in the Under 18 age category as well as second prize in the Under 16 and a Highly Commended in the U12 category

Winner of the Under 18 group, Nicola Boffee who is studying A Levels including Textiles at Lavant House said: "I made a rather quirky hat which is based on the Steam Punk genre – so it's half Victorian with some Egyptian influences too. It took me around 10 hours to make and has a reinforced cardboard core which I then covered in a range of coloured leathers before adorning the headpiece with symbols. I was amazed to win the competition since I've never had the confidence in my artwork to enter any contests before but I think I may well have another go after this." Nicola was presented by the Mayor of Chichester with a beautiful book celebrating the artwork from the film trilogy, 'The Hobbit'

Nicola Boffee receiving her prize from the Mayor of Chichester

Second prize winner, Jemma Swan was delighted that her artwork had been recognised. She said: "My piece which showed a fantastical animal, half lion, half jaguar, was inspired by surrealism and, in particular, the artist, James Marsh." Jemma received a certificate and a book celebrating the work of renowned illustrator, Quentin Blake as her prize

Lavant House art teacher, Mrs Sandra Stone said: "It is always wonderful to have students' work recognised in this way. All of the competition winners have had their work displayed in the Masonic Hall in central Chichester and we're waiting now to see if we've managed to get the People's Prize which would just be the icing on the cake."

COVERS

chichester's best kept secret

home ideas

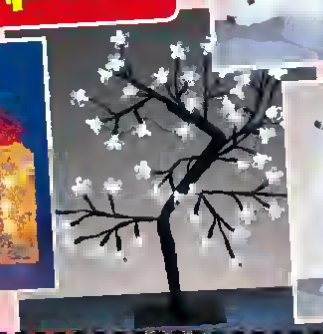
kitchens • bathrooms • flooring • diy • eco

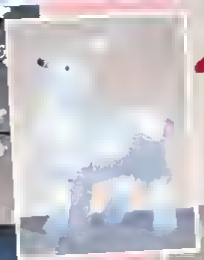
retail & trade welcome

CHRISTMAS DECS? WE HAVE THE IDEAS

christmas shop now open

Our range of Christmas decorations will certainly give you the ideas to create a Christmas wonderland in your home. From decorations to life size vine reindeers, we certainly have Christmas covered at Covers Home Ideas.





COMPETITION

WIN A

150 Multi Coloured LED 1.5mtr Cherry Tree

Simply complete the form below and either bring it into Covers Home Ideas or send to Marketing Dept Covers Home Ideas Quarry Lane Chichester West Sussex PO19 8PE
No purchase necessary **Closing date 13/12/13**
Please tick if you do not wish to receive any marketing material ☐

Name: _____

Address: _____

_____

Telephone Number: _____ Email _____

find us at:
gate 4, quarry lane
chichester po19 8pe
tel: 01243 785141
enquiries@covers.biz
www.covers.biz

Chichester College celebrate student and staff achievement with annual Star Awards

EVERY YEAR Chichester College recognises Star Students' with its Star Awards ceremony. The event is the College's annual celebration of achievement and features inspirational staff and students and performances from the College's exciting courses.

With over 15,000 students choosing Chichester College every year and over 1,000 staff employed, the 34 Student Star awards and five Staff Stars really are truly outstanding winners and are fully deserving of their awards.

The Star Awards was a huge success at the end of a long day, with Stage Management staff and other key people setting up since 6am to ensure that the Sports Hall was transformed into a prestigious place of celebration.

Practically everything that was made and created for the Star Awards 2013 was produced by Chichester College's students and staff. Floristry at Brinsbury campus made beautiful flower pedestals, Hospitality students served delicious food prepared by our Catering students, and Engineering made spectacular centre pieces for the tables, which included lights, woodwork, and flowers - truly decorative master pieces.

As everyone settled at their tables, a buzz of anticipation and excitement gripped the room as awards were presented in a wide variety of categories including Hair and Beauty, Construction (including WorldSkills Gold medallist George Callow scooping an award), A levels, Apprenticeships, Land based courses and many more. Guests were treated to one-of-a-kind performances from Performing Arts, Fashion and Music students showcasing their talents.

Past students of Chichester College were invited to share with the audience their experiences since leaving the College and how successful they have been in their careers. George Callow, Gold medallist at WorldSkills, Hayley Wolfenden - British Airways cabin crew and James Budd - Hairdresser and Brightest star 2012, all chatted in the 'hot seat' and praised Chichester College for helping them reach their goals and full potentials.

Following the individual student and staff awards, the event introduced the Brightest Star award to be selected from the winners; this is given to someone who is a true ambassador for Chichester College and has worked hard to achieve excellent results. It was a nerve wracking wait for the nominees, their families and friends until the announcement. When the moment arrived, it was Sport student Lizzy Ogden, 19, who was named the Brightest Star of 2013, for her dedication and voluntary work to ladies football in the Chichester Community.

During her time at Chichester College, Lizzy has been a part of the highly successful Ladies Football team who won the treble (League, National and Local competitions). Alongside studying for her Sport course and playing football for Chichester College and Chichester Ladies, Lizzy takes time out of her own life to coach young girls and promote ladies football.

Wanting to highlight the lack of playing opportunities for girls in the area, Lizzie took it upon herself to provide free after-school female football clubs in nine local primary schools.

Lizzy Ogden and Ladies Football team collecting 'Star Team of the Year' award

The project developed to establish a regular Saturday club where girls aged six to 14 have an opportunity to play on a weekly basis. It was such a success, the model has been presented at the National Coaching Conference and is endorsed by the Football Association. The 19-year-old has also been named Young Volunteer of the Year at the Sussex FA annual community awards.

The surprises of the night didn't stop there as Ladies Football won 'Star Team of the Year' giving another treble win for Lizzy.

The Star Awards event was streamed live across the world through Chichester College's website and social networking sites with many countries tuning in, including Hungary, USA and the Netherlands.

Chichester College is privileged to work with and be supported by a group of wonderful sponsors who are either individual patrons or from local businesses such as Chichester Chamber of Commerce, Avalon Printing, Camberley Auto Factors and Western Sussex Hospitals. Their generosity and support has led to the success of Star Awards 2013.

SOUTH DOWNS LIGHT RAILWAY
Santa
SPECIALS 2013
Saturday 30th November & Sunday 1st December
Saturday & Sunday 7th & 8th December
Saturday & Sunday 14th & 15th December
Saturday & Sunday 21st & 22nd December
Facebook
Book online at:
www.south-downs-railway.com
and follow the instructions by clicking on Santa's picture to make your booking.

Students take over the museums for the day

PUPILS from Chichester High School for Girls took over The Novium and Fishbourne Collections Discovery Centre, as part of a national event led by the Children's Commissioner for England last Friday (22 November).

Fifteen students took part in the day, taking on such roles as an Archaeological Assistant to an Interactive Games Developer.

Job adverts were placed in the school and the Year 10 students had to apply in writing and were then interviewed for the post to give them experience of applying for a job.

Pupils got the chance to work on special projects including repacking archaeological objects as part of the preventative conservation plan, developing new events and games in the galleries for families, and creating a Christmas themed display. Their ideas will be used to develop new trails and activities at the museum.

In the afternoon the students took on the role of Curator, helping out in the galleries.

One Year 10 student said: "I've learnt that the jobs in a museum aren't as easy they could first appear to be. They require a lot of thought."

The council joined hundreds of other organisations across the country to recognise the Children's Commissioner's Takeover Day.

"We really enjoyed welcoming the students and giving them an idea of what an average working day is like at the museum and centre," says Councillor Eileen Lintill, Cabinet Member for Leisure, Wellbeing and Community Services at Chichester District Council.

"Hopefully, it will give them an insight into our museum service. It was also a great opportunity for us to hear their views and thoughts."

Not Only Sofas

Autumn Oak Offers

UP TO 60% OFF NORMAL PRICE

KENTUCKY

More in the range

Display Unit Was £810 Now £459

Small Sideboard Was £405 Now £269

Large Extending Table & 6 Slat Back Chairs Was £1395 Now £799

Console Table Was £294 Now £179

Lamp Table Was £189 Now £99

TV Unit Was £405 Now £229

Small Extending Table & 4 Guinness (Brown) Chairs Was £839 Now £459

NEW ORLEANS

More in the range

Large Bookcase Was £829 Now £499

UNBEATABLE VALUE!

Round Extending Table & 4 Panel Back Chairs Was £999 Now £599

Console Table Was £259 Now £159

Storage Coffee Table Was £469 Now £299

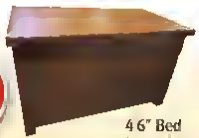
Display Cabinet Was £899 Now £559

KINGSTON

More in the range

Double Wardrobe with Drawer Was £540 Now £359

Blanket Box Was £243 Now £139



Mirror Was £169 Now £69

4'6" Bed (5 available) Was £486 Now £269

Bedside Cabinet Was £162 Now £89

3 by 3 Chest Was £405 Now £269

£1/4m WORTH OF OAK FOR SALE... EVERYTHING MUST GO!

Unit 15 Castlegrove Business Park, Durban Road, Bognor Regis, PO22 9QT

Open Monday-Saturday 10am to 6pm Sunday 11am to 4pm

Tel: 01243 863363

www.notonlysofas.co.uk

Feel the farce and nut sandwiches

Allis Moss

On the Case

THIS WEEK we got to spy on an Amazon 'picker's' nightshift at the company that's not paying much corporation tax. Like Anakin Skywalker, the 23-year old graduate, planted by BBC1's Panorama, was on his way to becoming a shopper's Darth Vader, one arm plugged into a barcode zapper. All night he tramped metal corridors where the motion sensors of florescent lights sometimes failed to flicker into life. The zapper never stopped counting down the seconds on his ten hour shift, keeping tally of the number of orders he was 'picking' and at what rate. Why not just get a robot to do it? Probably will when the technology is cheap enough. But then, Amazon has been given millions in grants and in return creates thousands of jobs. The trouble is, many are brainless and cheerless, the sort of thing that could get Victorian philanthropist William Wilberforce, who campaigned for an end to slavery and child chimney sweeps, turning in his grave.

General Winter

This week we learned 31,000 people—more than the population of Chichester—died last winter. These were preventable deaths. They were mostly elderly, succumbing to respiratory failure, strokes and heart disease linked to low temperatures. Age UK called it 'shameful.' In a chilling message to the energy giant that's upped prices the most this winter, hundreds marched on Npower's offices with a coffin stuffed full of heating bills.

Fuel for thought

Last year £2.3 million was spent by county hall on gas and electricity for public buildings in West Sussex. A further £2.8 million went on street lights and traffic signals. The electricity is supplied by Npower. We don't buy the energy from them though. The massive budget is handled by a public consortium called Laser—which stands for Local Authority South East Region. Laser buys energy in bulk on the wholesale markets at the best prices for scores of authorities including ours. Disturbingly, last year, the Laser man in charge of buying energy, Ross Knowles, was jailed for perpetrating a £2million scam through overcharging, siphoning funds into his own account and spending it on things like a Jag and fancy holidays. At least £100,000 has gone up in smoke and won't ever be recovered. Knowles' solicitors, Kellys of Brighton, told me he's currently serving a seven year stretch while liaising with the Criminal Cases Review Commission.

Mule Fuel

Hearing about the farmer who used to live above his cattle to keep warm, Herald reader Charles wrote to say that, as a child, he and his mum stayed with his grandparents in their native Spain.

"The family mule lived downstairs and we had to perform our ablutions in the stable," says Charles. "We had to go to the village spring to collect drinking water in ceramic pots. No one had any money then. They were wonderful times. Now the village has all the trappings of wealth and success and has lost its charm."

They are all nuts!

You remember mule-headed Martin? The intrepid newshound who is afraid of estate agents and verbally attacked a waiter for not serving hand-drawn beer which turned out to be cider?

Martin bought two pre-packed sandwiches from Tesco's chill counter. One was a double egg and cress pack, the other a triple. The nut allergy instructions are enough to make you want to commit harakiri on a double nut sandwich that may possibly contain egg.

The cardboard container for the double sandwich announced:

- Recipe: no nuts
- Ingredients: Cannot guarantee nut free.
- Factory: No nuts
- Caution: This product may occasionally contain small fragments of shell (egg shell or nut shell?)

There was room for even more uncertainty on the triple-sandwich pack.

- Recipe: No nuts
- Ingredients: Cannot guarantee nut free
- Factory: Product made in nut free area, BUT NUTS USED ELSEWHERE
- Caution: This product may occasionally contain small fragments of shell

Ok, it's all about not being sued and labelling complying with legal requirements, but if I were allergic to nuts, I think I'd just have a cheese salad.

And finally

At least the nut situation in Tesco's own brand of nut ice cream is unequivocal. But it still caused a big headache for the chain when the chocolate and nut packs of ice cream cones had to be recalled after they were also found to contain pain relief tablets.

Contact Allis: allis.moss@chichesterherald.co.uk

Charmlinks £10 Each

That's up to 50% off

CHARMLINKS WILL ALSO FIT MANY OTHER LEADING BRANDS OF BRACELETS! STERLING SILVER, MURANO GLASS.

AMOEBA JEWELLERS
55 EAST STREET, CHICHESTER, WEST SUSSEX. PO19 1JG
01243 776614
WWW.AMOEBA-JEWELLERS.CO.UK
WWW.FACEBOOK.COM/AMOEBAJEWELLERS

EXCLUSIVE OFFERS FROM BRITANNIA WINDOWS

TRANSFORM YOUR HOME FOR LESS

UPTO 45% off WINDOWS

DOORS FROM £599 Including VAT & Fitting!

Huge Savings on Conservatories & Orangeries

Aluminium & PVCu Bi-fold Doors

VISIT OUR ROSE GREEN SHOWROOM

01243 268777

www.BritanniaWindows.co.uk

BRITANNIA CONSERVATORIES WINDOWS • DOORS

Hard Work and Elephants in Nepal

our students. We didn't really need to be there.' They were self-starting, connected with the very welcoming adult community straight away and had an amazing and instant rapport with the children. It was an awesome trip thanks to our brilliant students and True Adventure. We all agree that it was well worth all of the hard work it took to put together.'

TWENTY Midhurst Rother College Year 11 and 6 Form students had understandably been looking forward to their adventure of a lifetime in Nepal this autumn. However, they had no idea how life affirming their visit would turn out to be and the enormous contribution they would make to the life of two tiny communities in the hills above Katmandu.

Led by four members of MRC staff and directors from the company True Adventure, Mark Brazier and Dan Trueman, the main focus was to offer support for two village schools, refurbishing buildings inside and out, one working with Chumikal Village, the other Pharping.

Sixth Form Pastoral Leader, Jayne Beesley, who partnered Principal's PA, Sarah Banbury, to lead the Chumikal team said: "It was a privilege to accompany

The Chumikal School was transformed during MRC student visit and is now enjoying a newly painted exterior and some very creative murals.

Meanwhile, on another hillside, the team led by Assistant Principal, Jen Weeks and Data Administer, Kirsty Causer, was enjoying the warm hospitality of Pharping as they redecorated classrooms and toilets.

Said Kirsty Causer: "It was fantastic to see how our students quickly adapted to their new environment and the local culture. In addition to the painting project they also took the initiative to teach some classes and had an

MRC Students present sports equipment to the pupils of Pharping village school, high in the hills above Katmandu. Also pictured on the Nepal Expedition elephant trek in Chitwan National Park.

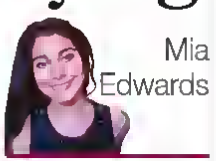
absolute ball playing games with the children, introducing them to the sports equipment we had delivered."

During the six day community project phase both teams were self sufficient, camping at 1700 metres with breath taking, panoramic views. Village tasks complete and fond farewells bid, the two groups came together for more adventures which included elephant trekking in Chitwan National Park, canoeing with crocodiles (at a very safe distance), rhino spotting and exploring Katmandu. This included access to the Pushpatinath Temple, the oldest in Katmandu whose existence dates back to 400 A.D., and the funeral pyres on the banks of the Bagmati River.

Sixth former, Joe Cook, said: "We had the time of our lives, making new friends, both among our groups and within our village communities. The cultural experiences were amazing and although sometimes pretty emotional, the memories of our adventures with which we have returned will, I think, help to shape our futures."

True Adventure's Mark Brazier said: "We enjoy working with MRC particularly as it is our local school. The students worked hard to participate in our developmental programme and have achieved much in the process. The support of the staff at school over recent years has been excellent and it has encouraged a significant number of students to participate in expeditions which have now visited both Africa and Asia with plans in the pipeline for another trip India in 2015."

#Justsaying



Mia Edwards

TO THIS DAY, I do not have Twitter. My friend and I created an account a couple of years ago which I recall with pride. I can't remember what it was called, but it had that picture of David Cameron holding a puppy as its profile pic and the only tweet I can remember was 'I love cats and all of their furry accomplices'. However, we decided that even though it was clearly a joke, we had no followers and it was sad even by our standards to keep that account, so it no longer exists, RIP Davy C.

It's funny because my brother's the opposite. He has something like 30,000 followers and if he ever becomes famous (lol no) there will be no need for an autobiography: it's all there. It's all very #interesting. But never underestimate the power of Twitter; a girl who I've been friends with for quite a few years once went to me (and because I am a kind and protective older sister I'll use the name @Iwanttobemysister instead of my brother's real Twitter name): 'OH MY GOD your brother is @Iwanttobemysister!!! I LOVE his tweets, it's like meeting the sister of a celebrity.' To me. About my brother who she had never met. Nooooooo.

People often write their innermost thoughts on Twitter, but if their friends ask them about these emotional traumas in real life, they don't want to talk about it. It's like a place where everyone says exactly what they want to, and acts all needy and intense, then comes back down to earth and acts like they're really enclosed and mysterious. The amount of deep sentences you can find on there is ridiculous. Many people go for the 'I'm not the person that you think I am' tactic. That's great babe, and I will fully support you for whoever you are. So how about for a crazy dare you just tell me who you are? With real words? I will not even care if you use over 140 characters. I'm just that #generous.

That is not to say that it's bad to have a place to let out all your feelings. But nobody actually says how they're feeling. Never have I seen a Tweet that says 'Nobody understands me' (because I've got a throat infection). Things are never explained properly. It's like a fucking episode of 90210. I'm better off without my two sentences of fame.

CAT AND RABBIT RESCUE CENTRE

Raising money for cats outside this winter

ALL the staff at CRRC have been invited by our feral cats for a sleep over in the barn in January! Braving freezing temperatures and spiders for a whole night. We hope this will also raise awareness for all the stray and abandoned cats living outside this winter, also understanding what it's like for our cats living in the barn. We are asking people to donate so that we can raise money for much needed improvements to our barn, to help keep out the drafts and keep our animals warm. We also want to be able to continue helping cats living outside, cats like Km212-13 and Kf213-13 who would still be outside if it wasn't for us, and increasing the stray population.

They arrived in August after they were found in a garden. Km212-13 is a black fluffy male and Kf213-12 is a black and white fluffy female, they are about four months old now. They are friendly, playful kittens, and we would really like to find a forever home for them together as soon as possible.

Donations can be made via http://uk.virginmoneygiving.com/team/feralnightsleepout or you can donate by phone using debit cards or post, cheques payable to CRRC.

Hundreds of cats and kittens are waiting for homes now. The Rescue asks for a minimum donation of £45 for each neutered cat or older kitten which includes vaccination, flea and worm preventative treatment, microchipping and Free PetPlan vet insurance for 4 weeks. An un-neutered younger kitten is £70 including a free neutering voucher (to be neutered at The Centre) for when the kitten is old enough.

Homing by appointment 7 days a week.

Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester PO20 7RJ. www.crrc.co.uk. Tel: 01243 641409.

CHICHESTER
Park Hotel
★★★

TO MAKE A RESERVATION CALL
01243 817400

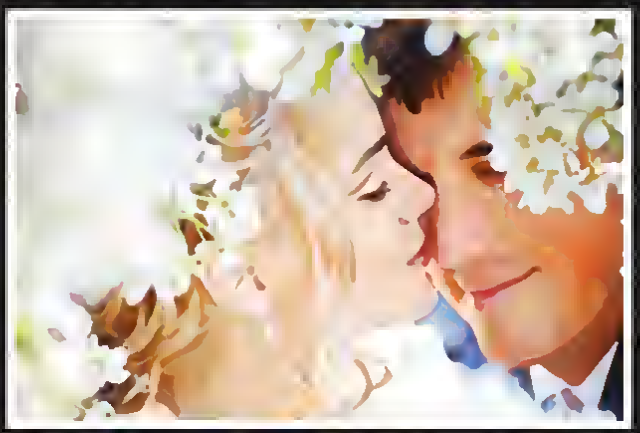
WEDDINGS

at Chichester Park Hotel

To make sure your wedding is memorable for all the right reasons, it pays not to leave anything to chance, including your search for wedding venues.

Chichester is a magnet for brides and grooms; The city's historic centre, the South Downs National Park and south coast all combine to create the perfect wedding location.

Visit our website for more information on why Chichester Park Hotel is the right venue for your big day.



Having your wedding in a hotel can make the event comfortable and convenient for both you and your guests; after the big day, you can quickly retreat to our honeymoon suite! Our hotel is suitable for either large celebrations or intimate gatherings and a bespoke menu can be designed just for you. And we can provide pre-wedding pampering sessions thanks to our Retreat Beauty Spa. So what are you waiting for? Chichester Park Hotel is the perfect venue for your wedding day!

Chichester Park Hotel | Madgwick Lane | Westhampnett | CHICHESTER | PO19 7QL

Tel: 01243 817400 www.chichesterparkhotel.com

Celebrities, lights and parking machines...

Should we have approached Jack?

Dean Adams

AS I WRITE THIS, I am wondering what the Christmas lights switch on will be like tonight (Thursday).

As a kid, these events were always quite exciting especially when some 'Z' list celebrity would rock up to flick the switch.

Nowadays, we don't really have anyone exciting flicking the old button do we?

I know Petworth usually have their lovely actress and resident June Whitfield in attendance which is fantastic for them, but what do Chichester have for such a big city?

Personally I am disappointed we cannot attract a name to do this. I quite often walk about town and see local celebrity residents like Hugh Dennis, Jack Dee or Maggie Smith. I could probably name another 5 or 6 too. If Jack was to do it, wouldn't this be such an amazing pull to get more spending shoppers out for late night shopping in the city centre.

I am told we don't have a 'name' due to the cost – mainly due to the fact if the event is postponed, the money of a celebrity could be lost.

Word on the grapevine tells me it was to be the Mayor and the manager of John Lewis. Really?

With all due respect to them, if they're our biggest crowd pullers then that's embarrassing for Chichester.

Let us know what you think @Chiherald

Celebrity culture

I HATE the word celebrity. One question you may have been asked in your lifetime is 'would you rather be rich or famous?' I'd rather be rich as I don't think I want to be bothered signing autographs while I am trying to drink my Latte as one local celebrity was trying to do in Macari's in North Street recently. He once told me he wears a hat just so he can get from A to B quicker, it's not because he doesn't want to be seen or speak to people. Then he gets classed as a miserable bast*d, which he is far from! When I worked in radio, I had my face on a bus in Guildford once alongside other colleagues and as a result was asked to open a sports shop! But please let me sip my Latte in peace.

Parking machines

£4.8o. That's the profit I've given Chichester District Council during the past month. Now, I know it's my fault but I am not one to carry much change around with me or to leave it in my car but I do seem to gather pound coins for some reason. But every time I want to go into town for the odd hour it costs me 70p to park – and the costly machine is not very forward in giving change to that pound coin. I wonder how much the Council make in 'extra' money wasted by the car parking public? And how do they then account for and use this money?

• **Good Luck Riordan.** A friend of mine and our Health and Beauty columnist/writer, Denise Kelly has her son (Riordan Kelly) featuring as the lead part in the upcoming production 'The Witches' at Chichester Festival Theatre from December 7. He's a talented young man who's still a couple of years away from being a teenager but has performed in Paris and Barcelona and will now be performing in front of his home crowd. Such an amazing achievement for the boy and if you've not got your tickets, get them booked. Break a leg.

Photo of the week

#Chichesterphoto

@JaneRusbridge 25 Nov
Bosham Harbour at sundown over the w/e. Beautiful shot by @brusiaw, and one of the places where #Rook is set

• CHILDREN aged 8-12 years are invited to a free launch event of a new RSPB Wildlife Explorers club at Pagham Harbour on Saturday 30th November, 2pm-4pm.

They will enjoy a taster session of activities, and will be sifting mud from the harbour to discover what lives within and finding out why the harbour attracts thousands of overwintering birds.

Lesley is a volunteer leader with the new group. She explained: "I jumped at the chance when I saw that the RSPB wanted to set up a weekend club for children. If there are kids out there who care about wildlife, want to explore the great outdoors and make some new friends at the same time – this is the club for you."

Children should be brought by an adult and should wear warm clothing and stout shoes or wellies suitable for walking. There's no need to book. Just turn up at 2pm at Pagham Harbour visitor centre, just south of Sidlesham on the Selsey road. For more information call the Pagham Harbour team on 01243 641508 or email Pagham.harbour@rspb.org.uk.

Wildlife Explorers is the junior branch of the RSPB, the largest wildlife club in the world for young people, with over 150,000 members nationwide. Following the launch event, Pagham Harbour Wildlife Explorers will meet on the last Saturday of every month beginning in the new year, and the children can look forward to many activities organised year round – from dissecting owl pellets to tree planting, to writing for the nature reserve's blog!

Win a meal for 2 at Murrays

Murrays

Chichester Herald in partnership with [illegible] fabulous meal for two people. Every week the Chichester Herald will be [illegible] competition sponsored by Murrays [illegible] every week where you have the chance to win this amazing prize. For your chance to win this [illegible] please answer the following [illegible]

Can you guess where this picture was taken within the Chichester area?

For your chance to win this week's competition email your answer name address and contact number to **news@theshiphotel.net**

North Street [illegible] Sussex PO19 1NH
Tel: +44 (0)1243 [illegible] Email: [illegible]@theshiphotel.net

Entries close on Wednesday 4 December 2013 at [illegible]. The competition is for one winner who wins a 3 course meal for two from the Pre-Five menu. There is no cash alternative. A winner will be announced by Murrays every Wednesday. Entry details may be kept on file. Last week's answer was: Swanbourne Lake Arundel.

FOLLOW US ON TWITTER
@chiherald

National News

Charles Saatchi and Nigella Lawson's marriage 'culture of secrecy'

THERE WAS a "culture of secrecy" in Charles Saatchi and Nigella Lawson's marriage, a court has heard.

It emerged during legal argument in the case involving their personal assistants who are accused of fraud.

Sisters Francesca, 35, and Elisabetta Grillo, 41, deny spending £300,000 on the couple's credit cards.

Isleworth Crown Court has already heard how Mr Saatchi accused Ms Lawson of allowing their staff to spend to cover her use of drugs.

The judge ruled the case against the Grillo sisters can go ahead, despite the defence lawyer arguing his clients would not get a fair trial.

Judge Robin Johnson said: "I consider, with the right rulings and the ability to monitor the process of the court during the process of the trial, a fair trial can be achieved."

The sisters, both of Bayswater, west London, deny fraudulently using company credit cards to buy luxuries, including designer clothes and first-class air travel, between 2008 and 2012.

Anthony Metzer QC said his clients would not be able to receive a fair trial "as there has been a manipulation of the court process by the two main prosecution witnesses in this case".

He said: "It's a convenient forum for Mr Saatchi and Ms Lawson to rehearse disputed issues between them... in the criminal courts where, of course, the possibility of libel is not possible.

"If Mr Saatchi is telling the truth, then Ms Lawson is a habitual criminal."

Nigella Lawson and Charles Saatchi were granted divorce in July

During the hearing Mr Metzer read out part of a statement from Mr Saatchi, which said: "It was only during the break up that I became aware that she was taking drugs when we were married.

"I can't remember precisely when but I think it was in June 2013, at the time of the well-publicised incident at Scott's restaurant in Mayfair.

"It was subsequently confirmed to me by other people in and around the household."

Mr Saatchi and Ms Lawson broke up in the summer after pictures were published showing the millionaire art dealer holding his wife by the throat at Scott's restaurant in Mayfair.

Mr Saatchi accepted a police caution for assault.

Earlier, Ms Lawson tweeted: 'Holiday Hotcake: the perfect recipe to show thanks for all your support & to those who hashtag #teamNigella'.

Madeleine McCann inquiries: Met wants 'joint investigation team'

THE METROPOLITAN POLICE wants to set up a "joint investigation team" with the Portuguese authorities into the disappearance of Madeleine McCann.

Met Police Commissioner Sir Bernard Hogan-Howe said the force was seeking agreement for the team from the UK and Portuguese and UK governments.

He said it would be more effective than the current "ad-hoc" approach to working together.

Madeleine disappeared from Praia da Luz, in the Algarve, in May 2007.

Last month, Portuguese police reopened their inquiry into the disappearance of Madeleine, who was three when she went missing from her family's holiday apartment as her parents dined at a nearby tapas bar.

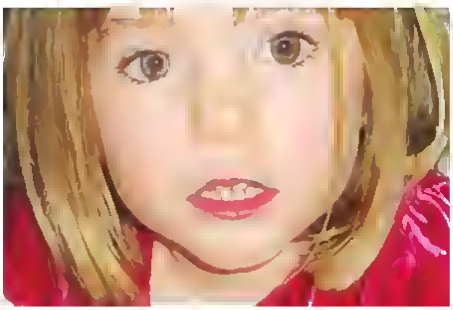
Portugal's attorney general said "new elements of evidence" justified the continuation of the investigation, which was shelved in 2008.

That came a week after an appeal by British police launched on BBC One's Crimewatch programme prompted 2,400 responses.

The senior investigating officer of the British inquiry, Det Ch Insp Andy Redwood, is due to provide an update on the programme on Thursday night.

But BBC home affairs correspondent Danny Shaw said Det Ch Insp Redwood was not expected to release any major new information.

In the appeal, detectives released two e-fits of a man seen carrying a child in Praia da Luz at 22.00 on the night Madeleine, from Rothley, Leicestershire, went missing.



Scotland Yard began a review of the case in May 2011 and opened a formal investigation in July this year

News in Brief

• A businessman has been convicted of murdering a family of four in a revenge attack after he lost a legal case against them. Jifeng "Jeff" Ding, his wife, Ge "Helen" Chu, and daughters Xing, 18, and Alice, 12, were stabbed to death in Wootton, Northants, in April 2011.

Anxiang Du had denied four counts of murder but admitted killing the family.

Northampton Crown Court heard he was facing a bill of £88,000 after losing a 10-year legal battle with the couple. Du had claimed that all four deaths were manslaughter, due to loss of control or diminished responsibility.

• David Cameron has defended plans to toughen welfare rules for EU migrants, saying he was sending a "clear message" to people that the UK was not a "soft touch" for claiming benefits.

He said he shared public concerns about the end of work restrictions on Bulgarians and Romanians next month.

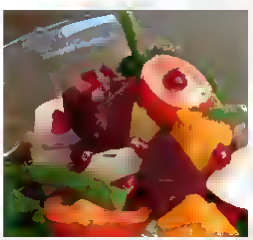
Labour says he should have acted sooner and a European commissioner warned the UK risked being seen as "nasty".

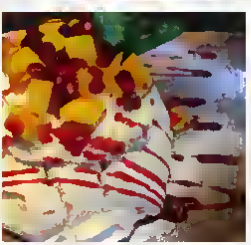
• The Christian owners of a guesthouse who were ordered to pay damages for turning away a gay couple have lost their UK Supreme Court fight. Hazelmary and Peter Bull refused to let civil partners Steven Preddy and Martyn Hall stay in a double room at Chymorvah House in Marazion in Cornwall in 2008. The couple, who had already lost cases at Bristol County Court and the Court of Appeal, said they were "saddened". Mr and Mrs Bull have said they regard any sex outside marriage as a "sin".

• The police chief who led the inquiry into Lostprophets singer Ian Watkins's child sex abuse has called for other victims to come forward. Watkins, 36, of Pontypridd, admitted a series of "depraved" child sex offences including attempted rape of a baby. He denied the charges but changed his plea at the 11th hour as his trial was due to begin at Cardiff Crown Court alongside two women.

M

Murrays





RESERVATIONS

01243 778000

NORTH STREET, CHICHESTER

M

Murrays

murrays@theshiphotel.net

www.theshiphotel.net

Chichester Business

FOLLOW US ON TWITTER
@chiherald

Is your business missing out on the benefits of a higher apprentice?

ARE YOU a West Sussex business that wants to up-skill your workforce, improve productivity and get a great return on your investment?

West Sussex County Council is offering grants of £2,500 to companies across the county towards the cost of taking on a higher apprentice.

Higher apprenticeships differ from other apprenticeships because they allow managers to recruit someone who has some existing experience and/or a higher academic qualification.

Employers can use the funding on offer from West Sussex County Council to contribute towards the salary costs of a new higher apprentice or to up-skill current members of staff by putting them through a higher apprenticeship.

Bognor Regis based Real Time DC has been one of the first successful companies to apply for a grant.

Brian Pellett, General Manager at Real Time DC, said: "It is important to the growth of our business that we have the correct mix of sales and technical skills. The Higher Apprentice Scheme allows a good mix of external technical training we cannot provide whilst receiving our training on products and customer skills. The award of the grant provided the encouragement we needed to invest."

The funding has been made available through West Sussex County Council's Be The Business initiative, launched earlier this year to help boost the economy.

Training apprentices can be more cost effective than hiring skilled staff, leading to lower overall training and recruitment costs.

Apprentices tend to be eager, motivated, flexible and loyal to the company that invested in them. What's more, as well as the funding on offer by West Sussex County Council, further government support might also be available.

West Sussex County Council's ambition is to create 50 new higher apprentices across the county by February 2015.

Council Leader Louise Goldsmith encouraged organisations of all sizes to find out how the grants could benefit them.

Louise said: "Higher Apprenticeships will help young people across the county gain confidence and get some valuable experience of working for a local organisation which is all about developing a well trained work force in West Sussex to help our economy."

For more information visit www.westsussex.gov.uk/apprenticeshipgrants

Chichester Christmas Market

Event organisers WOODLAND CRAFTS will be bringing their wonderful Christmas Market to the heart of Chichester from December 7-15. Set in East Street and North Street, in the heart of this lovely historic setting, the market brings the city centre to life with over 50 festive stalls.

With the Christmas Market set amongst the superb shops and cafes in Chichester this is a wonderful opportunity to find an inspiring selection of quality products for you and your home, as well as unique gift ideas for all the family. There's a live nativity scene as well.

Event organiser, Paul Bishopp said: "Many of our customers find all their Christmas presents at our events and we'll have plenty to offer them again this year. Our Christmas craft stalls and the superb mix of shops make Chichester the perfect destination for a great day's shopping." Details at **www.woodlandcrafts.co.uk**.

State of the art equipment planned for new gym at The Grange

THE FINAL touches to the new Grange Centre in Midhurst are being made in preparation for its opening in February 2014.

State of the art Technogym fitness equipment has been purchased for the new gym, which will be one of many facilities in the new building.

There will be four new training zones in the gym which will be able to accommodate up to 50 customers:

- a functional training zone – an area where you can perform exercises using your body weight to target core muscles and the lower back;
- a free weight zone – in this area you can perform exercises using a range of dumbbells from 1kg-30kg, barbells and a squat rack;
- a cardio zone – this area incorporates treadmills, bikes, rowers, cross trainers and four variable stride trainers.
- a fixed resistance zone – the equipment (weight machines, such as chest press, leg curl, or shoulder press) has moveable seats, allowing easier access for wheelchair users.
- a Power Plate – to help customers get the most from their workouts. Power Plate machines work by transferring vibrations throughout the body, which cause the muscles to respond multiple times per second. This intensifies the results of holding a pose or performing a dynamic exercise, making it the ideal tool to help you shape up fast, saving you time.

Users of the gym will be given a special Technogym key, which will record and track their progress – as well as altering each machine so that the settings match their needs and work out programme. They can also watch television and plug in their MP3 players or phones into most pieces of equipment, making their work out more enjoyable.

After a busy work out, users can also track their progress at home on the Technogym website and plan their future goals.

The centre's gym instructors will also be on hand to help make sure that users of the gym get the most of their work out, including junior gym sessions for those who are aged 12-15.

The new centre will also include:

- a multi-purpose four court sports hall,
- two squash courts and a squash viewing area;
- a dance studio
- a health suite, including a sauna, steam room and spa;
- a multi-purpose community hall,
- community activity rooms;
- a bar and cafe with free WiFi access. The facility will overlook South Pond, with seating in and outside of the centre.

There will also be community facilities, including:

- a library with an excellent range of books, free WiFi access, a children's library and access to council and local information
- Chichester District Council's customer service information
- a registrar office, where you can register births and deaths.

"We will be offering a large range of state of the art fitness equipment, to cater for everyone's needs. Our customers at Westgate Leisure Chichester and Bourne already benefit from the Technogym equipment. They like the fact that each piece of equipment adapts to meet their fitness programme by using their personalised key," says Cllr Eileen Lintill, Cabinet Member for Leisure, Wellbeing and Community Services at Chichester District Council.

"The building is progressing really well and we are excited to welcome everyone through its doors in February. The current Grange Centre has played an important role within Midhurst over the years, but the new centre is going to offer many more opportunities and make services much more accessible to the people of Midhurst and the surrounding areas.

"As soon as the new centre is up and running, the demolition of the old building will begin. We really do appreciate everyone's patience and so we will be planning a free fun day to launch the centre and to say a big thank you to the local community. We'll announce the date nearer to the time."

The centre will be open Monday to Friday from 7am until 11pm, Saturday from 7.30am until 7.30pm and Sunday from 9am until 7.30pm.

The project is led by Chichester District Council, but has been delivered in partnership with West Sussex County Council, the Trustees of The Grange Community Association, Midhurst Town Council and The Monument Trust.

Cllr Eileen Lintill, Cabinet Member for Leisure, Wellbeing and Community Services at Chichester District Council tries out the Technogym equipment with Kevin McCoy Westgate Leisure Manager

FOLLOW US ON TWITTER
@chiherald

Chichester College wins prestigious award

STAFF AND STUDENTS were celebrating this week at the news that Chichester College has been awarded the prestigious Association of Colleges (AoC) Beacon Award for Staff Development in Further Education. The college was announced as winner of the award, sponsored by City & Guilds, by Lord Willis of Knaresborough, President of the AoC Charitable Trust, at the AoC Annual Conference in Birmingham on Wednesday 20 November.

Chichester College won the award for the way it has embedded an excellent lesson observation process to support the development of teaching and learning. The college did this by creating an expert observation team committed to the development of excellent teaching, learning and assessment.

The staff members who trained in 'Licence to Observe' are recognised both within the college and in the local press. The approach has enabled more robust, reliable and evidence-based decisions about the quality of teaching and learning which has had a positive impact on learners.

Catherine Bush, Head of Corporate Affairs at City & Guilds, said: "City & Guilds knows that the expertise, commitment and confidence of staff are crucial to the success of all FE learners, which is why we are delighted to sponsor the Staff Development Award.

"This year's shortlisted colleges were innovative and committed to the professional development of their staff to ensure learners have the best possible experience. They represent a beacon to all other colleges."

Chichester College Principal, Sheelagh Legrave was thrilled with the award-win, she said: "Outstanding teaching and learning is Chichester College's first priority and we were thrilled to be recognised as a national award winner for our Licence to Observe scheme which ensures our teacher observations are developmental with smart targets identifying improvements. 95% of our students surveyed say that our teaching and learning is good, a recognised impact of introducing the Licence to Observe."

Chair of the AoC Beacon Awards, Dame Pat Bacon, said: "As the Chair of the National Steering Group it has been a really interesting and exciting experience being involved in the selection of the AoC Beacon Award winners once again.

"The field this year was as strong as ever. It's great to see colleges identifying the challenges that we face, and confronting them head-on in innovative and creative ways.

"The winning entries this year are all fantastic examples of the ways in which colleges are demonstrating how thoroughly they understand and respond to the needs of their learners, wider communities and employers.

I should like to congratulate all of the successful colleges and hope that they can make the most of the opportunity afforded to them through the Beacon Awards to help stimulate innovation and curriculum development across the sector."

Lord Willis of Knaresborough, President of the AoC Charitable Trust, announcing Chichester College as the winner for Staff Development at the AoC Beacon Awards

Roger Marriott, AoC Beacon Awards Chief Assessor, said: "I have been greatly impressed by the innovative and excellent initiatives which have been identified through the assessment process of the AoC Beacon Awards this year.

"It is a privilege to be able to see, first hand, the many imaginative and creative approaches that colleges are adopting to support their learners. The dedication and passion shown by these winning colleges to ensure that individuals are given the opportunity to realise their full potential is inspirational and I hope that the wider sector will benefit as a result of celebrating their achievements."

Chichester College will host a local celebration event in the New Year and will be presented with its Award by Matthew Hancock MP, Minister for Skills and Enterprise, at a national presentation ceremony due to be held at Westminster on 5 February 2014.

St Wilfrid's Hospice's Selsey shop celebrates

(L-R) Nancy Davis, Fiona Pugh, Rita Young, Jean Crawford, Rose Blunden and Mike Snook

THE ST WILFRID'S HOSPICE shop in Selsey is planning some special celebrations in December to mark its 20th anniversary. The shop first opened its doors on 19th December, 1993 and has been raising much needed funds for the Hospice ever since.

The shop is entirely volunteer run – and six of the original volunteers who were there on the first day are still part of the team today!

Nancy Davis, one of the original volunteers, said: "After retiring I decided to volunteer in the Selsey Hospice Shop which was just opening in the High Street. Volunteering gives one a purpose in life, raising money for sick people, also meeting all the lovely customers."

The managers, Fiona Pugh and Rose Blunden, have planned a special celebration lunch at the Seal Hotel in Selsey and most of the volunteers will be attending as well as other Hospice staff and Trustees.

They said: "St Wilfrid's Hospice Shop in Selsey is celebrating 20 years of successful trading. The shop is situated in the High Street and is staffed entirely by 25 unpaid volunteers. The dedication and enthusiasm of these volunteers ensures the shop is open six days per week providing a service to the local population, visitors and holiday makers to this popular seaside town.

"Most importantly the success of the shop is due to the generous donations made by the Selsey residents, without which we would not be able to make such a significant contribution to St Wilfrid's Hospice in Chichester."

As a result of the celebration lunch the shop will be closed on Friday 13th December, but will instead open on Sunday December 15th from 10am to 4pm.

the ship
Hotel, Bar & Restaurant
Hotel | Bar | Restaurant | Weddings | Meetings | Occasions
Meet, Greet, Wine & Dine...
In our newly refurbished private function rooms
North Street Chichester West Sussex PO19 1NH
Tel: +44 (0)1243 778000 Email: enquiries@theshiphotel.net

Arts & Entertainment

Follow us on Twitter @chiherald

cineworld Now showing at Cineworld Chichester

Lawrence returns as Katniss

The Hunger Games: Catching Fire (12A)
Director: Francis Lawrence
Starring: Jennifer Lawrence, Josh Hutcherson, Liam Hemsworth

★★★★☆

The hugely entertaining second instalment in The Hunger Games series is leaner and meaner than the first film, thanks to a strong script, pacey, focussed direction and terrific performances from a superb ensemble cast

What's it all about?
Directed by Francis Lawrence, The Hunger Games: Catching Fire is the second of four planned films based on The Hunger Games trilogy of books by Suzanne Collins. Having jointly won The Hunger Games by standing up to the system, Katniss Everdeen (Jennifer Lawrence) and Peeta Mellark (Josh Hutcherson) are paraded around the twelve districts, but it quickly becomes apparent that they have become symbols of resistance, with their every appearance greeted with the three-fingered salute of solidarity and stirrings of civil unrest everywhere they go.

Sensing revolution in the air, President Snow (Donald Sutherland) and new games designer Plutarch Heavensbee (Philip Seymour Hoffman) cook up the mother of all distractions, a Hunger Games consisting entirely of former champions, during which they plan to kill Katniss. With Katniss and Peeta both plunged back into the Arena, they make alliances with a number of fellow competitors: handsome Finnick (Sam Claflin), feisty Johanna (Jena Malone), tech expert Beetee (Jeffrey Wright) and seemingly disturbed Wiress (Amanda Plummer). But can any of them be trusted?

The Good
Lawrence is pretty much perfect as Katniss and the script does a decent job of presenting events from her point of view, allowing the film to pull off a couple of key surprises later on. Hutcherson is equally good as Peeta (their chemistry has ratcheted up a notch too) and there's superb support from newcomers Claflin, Malone and Wright, alongside colourful turns from returnees Woody Harrelson (as Katniss' mentor Haymitch), Elizabeth Banks (as Effie Trinket), Lenny Kravitz (a brief but effective appearance as stylist Cinna), and a splendidly sinister Sutherland.

The script has a much tighter focus this time around, managing to convincingly present Katniss being torn between love interests Peeta and Gale (Liam Hemsworth) without overdoing it, and also tapping into a number of resonant, provocative issues such as government control of the population, surveillance, the role of reality TV in society and so on.

The Great
Director Francis Lawrence delivers a number of impressive action sequences and the CGI work on the creatures (CGI Killer Monkeys as opposed to the first film's CGI Mutts) is a lot more accomplished this time round, there's also a certain amount of tension involved in each sequence (especially if you haven't read the book), as you're never quite sure who to trust. On top of that, the production design work is superb, particularly in the spectacular costumes Cinna designs for Katniss.

Worth seeing?
Hunger Games: Catching Fire is an enjoyable, intelligent and superbly acted sci-fi blockbuster that delivers genuine thrills and leaves you hungry for the next instalment. Recommended.

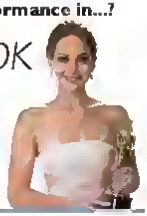
Competition

WIN TWO TICKETS TO CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION:

Q Jennifer Lawrence won an oscar for her performance in...?

A. SILVER LININGS PLAYBOOK
B. THE HUNGER GAMES
C. X-MEN: FIRST CLASS



Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk**. One lucky winner will be selected at random. Closing time is Tuesday 3rd December 2013 at midday. The winner will be notified later on that day. Last weeks winner was Andy Raffell from Chichester. Chichester Herald competition terms and conditions apply.

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester PO19 8EL
0871 200 2000

Sky Diary December 2013

By Pete Littlejohns

Mercury is on the other side of the Sun so out of sight and Saturn, Uranus & Neptune are difficult to see at present.

Venus at mid month reaches only about 10 degrees above the SW horizon following the setting Sun down by about 40 minutes with the crescent Moon fairly close by on the 5th.

The Earth's winter solstice occurs on the 21st of December when the Sun reaches it's most southerly point in the sky giving astronomers the longest night of the year.

Mars rises just after midnight in the constellation of Virgo and will be getting brighter as the month goes on. The Moon is close to Mars on the 25/26th night.

The giant planet Jupiter crosses the meridian in Gemini in the early morning, is close to the Moon on the 19th and well worth a look in good binoculars.

The maximum of the Geminid meteor showers on the 13th and fairly high in the SE. This shower often produces some very bright shooting stars of up to 100 an hour but unfortunately the Moon is at first quarter [half phase] and will drown out most of the fainter ones.

Comet ISON 2012 S1 had it's closest encounter with the Sun of less than 1 million kms. On the 28th of November, and assuming that this dirty snowball of only a few kms in diameter survives (watch the media), its path will take it between the constellations of Hercules and Corona Borealis through the month.

Planetarium Shows end Dates December 2013

Sunday 01	3.30pm	Remarkable Comets
Sunday 08	3.30pm	Remarkable Comets
Friday 13	7.30pm	The Night Sky This Christmas
Sunday 15	3.30pm	The Night Sky This Christmas
Sunday 22	1.30pm	The Star of Bethlehem
Sunday 22	3.30pm	The Star of Bethlehem
Monday 23	7.30pm	The Star of Bethlehem
Tuesday 24	1.30pm	The Star of Bethlehem
Friday 27	7.30pm	Seven Wonders of the Solar System
Sunday 29	3.30pm	The Magic of Jupiter and its Moons
Monday 30	3.30pm	Hubble's Glorious Universe
Tuesday 31	3.30pm	The New Year Night Sky

Tickets: Adults £6.00, Children £4.00. Tickets are available to collect at the The Novium, Tower Street, Chichester. Alternatively, please phone 01243 774400 or Ticket hotline 07818 297292 to reserve your tickets. Payment by cash or cheque only on the day. A map showing our location can be found at: www.southdowns.org.uk

Vix goes bad in Bognor!

Panto season beckons and SPIRIT FM'S VICKY EDWARDS is looking forward to getting a slice of the hiss and boo action at the Alexandra Theatre in Bognor Regis

"I AM TOLD by friends who have been there and worn the tights that being in panto is the most fun you're ever likely to have in a theatre," says Spirit FM's Vicky (Vix) Edwards, "but that's not to say that it's not hard work. With two shows daily, and on occasion three, I'm going to have to work on my stamina before the curtain goes up on opening night. And given that theatre is a profession where superstition is second nature, it is slightly alarming that our opening night is a Friday the 13th."

But concerns about her physical robustness and the ominous date aside, Vix stresses that she is thrilled to be making her panto debut. "When I was younger I was never cute enough to play principal girl roles, nor was I tall enough to play principal boy. Now, however, I'm ripe for character roles and I'm really looking forward to spending Christmas being a proper baddie!" she laughs.

Cast in Robin Hood and Babes in the Wood as evil Mrs Spirit of Nottingham, the Sheriff of Nottingham's mum, Vix promises that the show is going to be perfect seasonal entertainment for all. "It's a smashing show for all the family and this brand new script has all the traditional panto elements, plus a really brilliant cast. Spillers, the company that produces the Bognor panto, has a great track record for delivering a traditional, good value and high octane show and this year's looks set to be their best yet. There's lots of humour, song, dance, and audience participation. And as mums generally do most of the work at Christmas we're giving them some eye candy in the shape of Bryn Lucas who plays Robin and Oliver Patterson who is playing my son, the Sheriff!"

Vicky Edwards (pictured second from the left) will be appearing in panto

As for Mrs Spirit, Vix says her inspirations for the character are Joyce Grenfell and Cruella De Ville. "In my head I see Mrs Spirit as being a posh, bossy and grumpy old moaner, with the rather raddled glamour of Cruella. I'm certainly looking forward to sticking on the false lashes and being bad in Bognor!"

Robin Hood and Babes in the Wood is at The Alexandra Theatre, Bognor Regis from 13 December – 5 January. Box Office: 01243 861010 www.regiscentre.co.uk

What's On in your local area...

• When Icicles Hang By The Wall – a celebration of the winter season in words and music. Saturday 30 November 2013 7.30pm St Nicholas Church, London Road, Arundel. Tickets £10, to include a glass of wine and shortbread. Available from The Priory Playhouse 07523 417926 or St Nicholas Church Parish Office 01903 882262.

• Get in the festive spirit at Westgate Leisure Chichester's Christmas Fair on Sunday 8 December from 10am to 3pm. There will be a large variety of stalls, come and meet Santa, a choir and mulled wine. For more Christmas events and information see www.chichester.gov.uk/christmas

• Charity Dinner Brasserie Blanc Chichester on Sunday 1st December. Tickets £30 per person which includes a 3 course meal (choice of meat, fish or vegetarian) glass of red or white house wine and a coffee. Bottle of champagne for lucky ticket holder plus raffle with some great prizes. 50% of ticket price being donated to Dreams Come True. Tickets available from Wendy Gray at Dreams Come True. Telephone 01428 726335 or email wendy@dreamscometrue.uk.com

• CHICHESTER PICKERS (The Chichester Acoustic Music Club) invites all who would like to sing/play their own choice of music and those who would like to enjoy local musicians performing in an intimate and friendly gathering. We have players at varying levels but we are not judgemental. We meet every second and fourth Thursday in the skittle alley of the Gribble Inn, Gribble Lane, Oving PO20 2BP. More details from Andrew@andrewperryplus.com or 01243 776391.

• CHICHESTER MODEL ENGINEERS' Santa Specials. Come and meet Santa at Blackberry Lane, Chichester PO19 7PS. Sunday afternoon 8th December 1.00 p.m. to 4.00 p.m. Entry ticket prices: £3.00 for children, including a gift from Santa. £4.00 for everybody else with a hot or cold drink and mince or apple pie. Free train rides for all visitors. For more information, visit the web site www.cdsme.co.uk

• Autumn Production – The Thirty Nine Steps. 26th to 30th November. The Thirty Nine Steps but not as you know it. Based upon Hitchcock's iconic film this adaptation of John Buchan's spy thriller by Patrick Barlow (from an original concept by Simon Corbel and Nobby Dimon and by arrangement with Edward Snape for Fery Angel Ltd) is both a ripping yarn and hilarious comedy. Due to the play's huge popularity Funtington Players have added a Saturday matinee to the usual evening performances of Tuesday to Saturday inclusive. Tickets will be £9 each and will be available by visiting www.ticketsource.co.uk/funtingtonplayers, the Funtington Players website at www.funtingtonplayers.org.uk, by telephoning the Box Office at 07565 464271 or by post by sending a cheque to the Box Office at The Old School Hall, Mill Road, West Ashling, Chichester PO18 8EA (SAE please).

• Chichester Art Society's new programme of workshops for early 2014 offers great opportunities to local artists. There is a relaunch of the popular Figures & Faces Workshops on Tuesdays 1.30 – 4.30pm starting January 7th for 12 weeks to March 25th. Portrait and Life Study alternate, starting with Portrait Study. You can work alongside local artist Lucie Cookson who will be overseeing the poses and offering an overview of work during the session. (Non members £11 per session or £10 if three or more booked). Limited to 20 but enquiries about availability can be made up to 10am on the day by contacting the Secretary (see below). The Society's full programme of meetings and workshops for 2014 is on the website: www.ch-art-soc.org.uk. All workshops are at Bass | Shippam Centre, Tozer Way, St Pancras, Chichester PO19 7LG (parking and easy access). Prices include refreshments but not materials. Further details from the Secretary on 01243 602360 or email jean.campbell@ntlworld.co.uk or text message 07831 666451.

• Monthly meetings carried out partially in Welsh, rest in English – all levels of Welsh welcome – meetings in members' houses – contact Geoffrey on 07968 215 256 or gbthompson@btinternet.com

If you would like a non-profit or profit to charity event listed then send 70 words to events@chichesterherald.co.uk. All listings are subject to change without notice and are mentioned here as supplied and in good faith. The Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

FOLLOW US ON TWITTER
@chiherald

New restaurant opens in Chichester

A NEW INDEPENDENT British restaurant has opened at The Ship Hotel right in the very heart of Chichester. The restaurant, called Murrays, is named after Admiral Sir George Murray who was Captain of Horatio Nelsons British Fleet in 1805 and a former mayor of Chichester whose house is the site of The Ship Hotel in North Street, Chichester.

Admiral Murray travelled extensively on the high seas in particular to the colonies and the Caribbean and the design of the new restaurant reflects this with the clever use of palm trees and pineapples. The elegant restaurant and newly christened Captains Bar has a real feel of colonial opulence and quality.

As well as the smart refit, the menu devised by head chef Jon Lander, reflects the very best of British classic dishes served in contemporary way with whimsical touches. All time favourite's such as traditional steak and kidney pudding nestle with sea bass and citrus salad and a wide selection of grills and highly original salads. Some signature dishes like Murrays beef curry have been specially created for the new restaurant.

The brigade who were awarded an AA Rosette last year for culinary excellence are proud to be able to create the menu using the finest local fresh ingredients with everything made and cooked in house.

Patrick Burfield, General Manager of The Ship Hotel, says: "We hope our guests will be delighted with the look and feel of our new restaurant, our building is steeped in history and we think we have sympathetically restored our ground floor in a unique and eclectic way. This makes Murrays a truly enjoyable and original location in Chichester to dine or to enjoy a glass of The Captains Claret, which has been bottled exclusively for the restaurant.

Murrays has two newly refurbished private dining rooms for special occasions, events, civil partnerships and weddings and looks sure to be the place to see and be seen.

The Ship Hotel is the only independently owned hotel within the city walls of Chichester. It has 36 ensuite bedrooms and its own exclusive cottage. The whole hotel has been refurbished within the last 12 months and now offers a modern boutique feel in a beautiful Georgian grade two listed building.

Fantastic food and great service awaits at Picasso's, Midhurst

Locally-sourced food, honestly priced and created with passion

WALK INTO the warm and welcoming bar at Picasso's on Knockhundred Road in Midhurst and you are greeted by the lovely manager, Maria, and her team of staff.

Relaxed service, soft lighting and an eclectic mix of music create a welcoming atmosphere to relax, unwind and enjoy the culinary creations of the incredibly talented chef, Paul Peach. Having won the Sussex Chef of the Year Award last year, Paul is self taught and very passionate about the delicious food he serves. His insatiable appetite for creating complex flavours, unique textures and inspired menu choices puts Picasso in a superior league of fine dining where locally sourced ingredients and honest, quality food is commonplace. Paul's passion and experience is reflected in the adventurous menu choice of meats which Paul sources and prepares himself using his butchery knowledge and expertise.

All members of the Picasso team have an overwhelming passion for the food they create and serve, which is reflected in the meticulous attention to detail in both the kitchen and restaurant.

Fresh white table linen, French grey walls and tasteful Picasso prints pepper the restaurant walls for a relaxed yet formal dining experience, having recently been refurbished by owner Pete Walters. There is also a casual bar area for more relaxed dining with the same great service.

Food and Restaurant Review

Portion size: Generous
Service: Attentive and welcoming
Value for Money: Very good
Ambiance: Relaxed & inviting. Soft lighting. Candles and flowers on every table.

The unique appeal of Picasso's is their varied menu choice, with the majority of ingredients lovingly sourced from neighbouring South Downs villages. There is no trace of mass-bought or processed ingredients, all vegetables are sourced locally to harness the 'home grown' flavour and meat such as the Funtington pork and Singleton partridge is stated by it's origin.

The Coats cheese cannelloni starter is a fusion of rich and creamy goats cheese with herbs, wrapped in thinly sliced yellow beetroot, nestled on a bed of fresh rocket, beetroot and a sweet balsamic glaze.

For meat eaters, the Funtington pork cheek offers a hearty and warming entree. Cooked to perfection, the delicate smoked pork was so tender it melted when cut through with a fork, served with a rich jus and delicate puy lentils.

For main course, the vegetable wellington is a beautiful dome of home-made pastry filled with roasted peppers, courgette and aubergine served with a homemade pesto and mediterranean-style cous cous.

The Funtington partridge is a warming alternative accompanied with purple sprouting broccoli, sweet and juicy baby carrots and delicious squares of potato roasted and seasoned to perfection. There is also an accompanying jus and unique rosemary-infused bread sauce to compliment the delicate and creamy partridge meat.

If you have space for dessert, we whole-hearted recommend the iced honeycomb parfait. Lovingly whipped into a light and fluffy nougat like texture with large chunks of honeycomb and served with pulled hazelnuts and raspberries with a berry coulis. The tastes are phenomenal and the presentation is a work of art in itself.

For chocolate lovers, we recommend the rich chocolate marquise with home-made blood orange sorbet. The impressive cheese board selection includes Stinking Bishop, Cropwell Bishop and Sussex Charmer served with home-made quince cheese and water biscuits.

We enjoyed a bottle of the house red Azabache Tempranillo Rioja with it's velvet texture and notes of raspberry which complimented our menu choices beautifully.

They are now taking Christmas bookings featuring a choice of reasonably priced festive dishes including game hot pot, ham hock terrine, Venison bourguignon and home made Christmas pudding.

Picasso's, Knockhundred House, Knockhundred Row, Midhurst, GU29 9DQ
01730 858018
www.picassosmidhurst.co.uk

Let us know what you think @Chiherald

Will it be pollock or pilchards, seabass or salmon tonight?

New research shows British consumers still unsure about which fish to eat

IF YOU'RE trying to eat the most responsible seafood about, then the MCS Good Fish Guide app has got the most up to date advice and is now available on Android – downloadable from the playstore for FREE.

The MCS Good Fish Guide, previously only available as an app for iPhone users, brings the definitive guide to sustainable seafood to even more consumers helping them to make the right choice at the supermarket fish counter or at the fishmongers.

MCS Fishonline Officer, Bernadette Clarke says: "The development of this app will enable many more people to access and use our advice, helping them make eating responsible fish their only choice."

Sponsored by Waitrose, it's a fantastic way to make sure you have the best advice on hand so you don't end up serving red listed Mediterranean swordfish with your chips when you should be eating its green rated South East Pacific brother, guilt free.

To support the launch of the Android app, Waitrose has commissioned research that shows people are still confused about which seafood they should be eating.

When asked to identify responsibly sourced options less than a quarter of respondents (24% and 21% of people respectively) identified mussels and oysters as fine to eat. When in fact both are a good option to eat if looking to make responsible choices.

Whereas 14% of people thought whitebait was responsibly sourced - when in fact it should be avoided if trying to choose responsible seafood to eat.

Quentin Clark, Head of Sustainability and Ethical Sourcing at Waitrose says: "While many people are keen to make responsible choices, these findings show there is still some confusion over the best seafood choices to make. So we wanted to support the launch of this app to make it as easy as possible for people to find the answers."

The Waitrose research also finds there are major differences in attitudes towards fish sourcing depending whether people live by the sea or not. It found more than a third (35%) of

people who live by the sea (closer than five miles) definitely agree they would be more likely to go to a restaurant if they knew the fish there has been responsibly sourced - this compares to 22% of people who live further from the sea.

The app is simple to use. No Latin names needed. Just search by common fish name and you'll get all the information just as you want it – either at a glance or in full detail.

This handy app explains the MCS traffic light ratings system so you know exactly what you can and can't eat, and the fish that you should eat only occasionally.

The app uses the latest data from the ICES (International Council for the Exploration of the Sea) stock evaluations.

Brits set to spend a record £140 million on home baking this Christmas

BRITS ARE set to splash out an estimated record £140 million on baking cakes and other delicacies for their families and loved ones this Christmas.

The UK is currently undergoing the biggest home baking revival since the 70s with the market now believed to be worth more than £900 million a year.

Experts say that renewed interest has been driven by the success of the BBC's Great British Bake Off.

At Christmas demand rises dramatically and a third of all annual home baking sales take place during the month of December.

Tesco predicts that its home baking sales over the festive season will rise as much as 20 per cent on last year with top sellers expected to be panatone kits, yule log kits, and traditional Christmas cake mixes.

Cake decorations such as vanilla extract, marzipan, ready to roll icing and edible silver balls are also set to be in high demand from home chefs.

Tesco home baking products buyer Darren Atherton said: "Christmas is a magical time of the year when kids and parents get together in the kitchen to bake up cakes and other delights and over the last few years we have seen demand rocket due to a general home baking revival.

"There's no doubt that the Great British Bake Off has inspired a whole new generation of younger bakers and we know that as sales of home baking ingredients rise when the show is on.

"With home baking being back in fashion and times being hard financially consumers are more likely to be making their own Christmas cake this year than ever before."

Top selling home baking aids at Tesco in the last year has been:

- Ready to roll pastry
- Cake decorations
- Marzipan and icing
- Cooking nuts Sweet cake mixes

Tesco is also seeing unprecedented demand for baking utensils and baking related homeware and has a dedicated collection this year as a result.

Bread – Should we or shouldn't we?

SO MANY people are cutting down on, or completely avoiding bread altogether, for one reason or another. (My tip of the day is if you want to lose weight to get into that skinny Christmas outfit, cut out the bread! You will notice a flatter tummy in days). However, it is a staple food that we all enjoy, so what is the difference and what other types of bread substitutes can you eat?

You may have noticed that "sprouted grain" breads are gaining in popularity, tucked in between the traditional loaves of sourdough and rye in our bakery. Nowadays there are sprouted grain bagels, English muffins, hot dog buns and even tortillas. But, familiar sounding as the name may be, few people know what sprouted grain products taste like, or even what sprouted grains are.

Denise Kelly

Naturopathic Nutritional Therapist

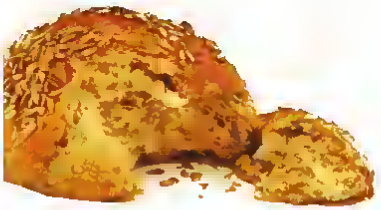
The majority of bread items on our supermarket shelves are either of the white or whole wheat variety, gaining their distinction from the flour used in the dough. But sprouted grain breads are not made from traditional flour at all. Here are the key distinctions:

Wheat Bread: Made with whole wheat flour that has been ground using the entire wheat berry or wheat kernel, including the vitamin-rich germ and the protein and carb-dense bran.

White Bread: Made with white flour that has been created by removing both the germ and the bran from the wheat berry before grinding. White bread lacks the nutritional value that both whole wheat and sprouted grains breads provide.

Sprouted Grain Bread: Made from wheat berries that are allowed to sprout before being ground up and made into bread, but take note that although most sprouted grain bakery items are considered "flourless," they can still contain wheat gluten or even flour as an additional ingredient, so those with gluten intolerance should exercise caution and thoroughly read the labels.

The sprouting process essentially turns the grain into a tiny plant, so when eaten, the grain is treated as a vegetable rather than a starch, therefore making it easy to digest. The grains can come from a variety of sprout sources, including millet, barley, oat, rye and even lentils.



Cutting out bread could give you a flatter stomach in days

Sprouted grains are packed with fiber and are considered "whole grain" because they include both the bran and germ. While most breads are vegetarian friendly, sprouted grain breads are especially healthful, because they can provide a complete set of amino acids, the building blocks of protein, making them a great option for those who avoid meat.

The sprouted baked goods such as bread, bagels and tortillas boast a nutty taste and a denser, chewier texture than regular breads. So not only does it taste delicious, it fills you up and is good for you. What a perfect alternative.

Health benefits of sprouting grains:

* Sprouted brown rice can help fight diabetes
* Sprouted buckwheat can protect against fatty liver disease
* Cardiovascular risk is reduced by sprouted brown rice
* Sprouted brown rice decreases depression and fatigue in nursing mothers
* Decreased blood pressure has been linked to sprouted barley

For a full consultation and Asyra Medical Test with Denise and to find out just what's going on in your body, please contact her on info@deniseckelly.co.uk or 01243 528848.

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organizations and has a private practise in Chichester, West Sussex. @DkNutrition

Experience blissful relaxation in under two hours

The stress-relieving benefits of a deep cleansing facial

AS PART of our health and beauty feature series, DENISE KELLY this week went along to 'The Sanctum' in Chichester for a skin treatment.

This week I had the pleasure of experiencing a deep cleansing facial at Lynda Doyle's 'The Sanctum' at the Westgate Leisure Centre, Chichester. Having just completed a hard core body tone class next door, I made my way into The Sanctum, for a well deserved lay down! If you haven't already visited 'The Sanctum' I would highly recommend it. The tranquil and inviting atmosphere of peaceful music and calming colours creates the sense of entering another world. I was greeted by the lovely Vicky who explained that I was going to have a Hydradermie 2 facial which would last 1 hour and 15 minutes. What pure bliss!

Vicky explained to me that this facial is the most advanced beauty salon treatment for maintaining a balanced healthy complexion. It deep-cleanses, oxygenates and regenerates the skin. Regular Hydradermie treatments offer immediate and lasting results as they improve hydration in dry skin, reduce sebum levels in oily skin, and reduce average wrinkle depth in lined skin.

The facial uses the Hydraderm machine (unique to Guinot), manual massage and bespoke plant-based extracts to restore the skin's natural beauty. During the treatment process the skin is analyzed, and then the Guinot skincare expert customises the products used in the facial to treat many skin types, be it normal/dry, sensitive, oily, mature or hyper pigmented skin.

Once my skin was cleansed and exfoliated, Vicky applied the carefully selected gels and used mild galvanic current to help the active ingredients penetrate deep into my skin to remove impurities and toxins. High frequency action was then used to oxygenate and boost cells before the most relaxing and wonderful massage and my customized face mask was applied. After this (and believe me I didn't want it to end) she applied a touch of moisturiser for the eye contour, face and neck and that concluded the treatment. As I peeled myself off the couch to re-enter the real world, my skin looked glowing and radiant without make up and it felt beautifully cleansed and toned!

The Sanctum are also promoting a 1 hour Body Massage for £30 or a back massage plus a reviving spa facial for just £35. All these treatments and many more are available to give as gifts for your friends or family this Christmas. I know what will be on my list!

For more information please call 01243 521125 Or visit **www.thesanctum.co.uk**

Spire Reactivate

We go beyond treating patients

for us it's about looking after people

Spire Reactivate physiotherapy provide a clinic at Parklands surgery, Chichester. Offering the same excellent care that you would expect from Spire Portsmouth Hospital at a location to suit you.

Whether you have a new injury from sports, a constant ache from a medical condition or post-operative physiotherapy, our physiotherapists are able to help.

Appointments are available from 3pm on Mondays and Wednesdays.

To find out more call **02392 456050**
or email **ptphysio@spirehealthcare.com**
www.spireportsmouth.com

Get better sooner

Just make a one off payment or use your insurance

Fashion & Lifestyle

FOLLOW US ON TWITTER
@chiherald

Britain's kids cause £3.55bn of damage to homes throughout childhoods

FOR MANY YEARS figures have been provided on the cost of raising a child, but for the first time the real financial cost to our homes has been revealed in the True Cost of a Child report released by MORE TH>N. Uncovering the full extent of destruction children will cause in the home by the time they reach 18, the report found that kids will inflict £3.55bn of damage on the UK's households.

From stained carpets and paint splattered walls to smashed valuables and broken beds, Britain's children will employ an astonishing repertoire of daily ruin at home, totaling £5,000 on average per child from the ages of three to 18.

The most common damage caused at home:

1. Spilling food and drink on the carpets (63 per cent)
2. Smashing plates and crockery (35 per cent)
3. Drawing and painting on the walls (33 per cent)
4. Breaking vases, pictures and photo frames (24 per cent)
5. Tearing wallpaper from the walls (22 per cent)
6. Jumping on beds until they break (15 per cent)
7. Breaking windows playing sports in the garden (10 per cent)
8. Damaging the TV playing computer games (9 per cent)
9. Putting food and drink in electrical objects (7per cent)
10. Hiding valuables in the washing machine (6 6 per cent)

It appears that the terrible twos may not be as bad as the troublesome threes, as no child is more destructive in the humble home than a three-year-old, with terror toddlers causing household damage seven times in a single 12 month period, to the tune of £526.

The report also highlights how after the age of 10, levels of household ruin gradually fall until children become young adults and reach 16. At this point the damage they inflict begins to rise once again, totalling £310 million across the nation at the age of 18.

According to dismayed parents, this damage is largely the result of their children throwing house parties and leaving a wake of devastation in their paths.

While boys might always be thought of as menaces, it seems that girls are far from little angels as one in five parents with both sons and daughters believe that it's their little princesses who cause the most household mayhem by the time they reach 18.

Across the regions, the report points to kids in the Capital having the most destructive powers, with little Londoners causing an average of £387damage each. Following closely behind are youngsters in the West Midlands (£379) and the North West (£347).

Janet Connor, Managing Director for MORE TH>N, commented: "From clothing to education, the costs of raising a child are well known. However, rarely is a figure put on the amount of damage that children can inflict on the home. For the first time, our research shows just how extensive and expensive it can be. Whether you have restless, wall wrecking toddlers or party-loving teenagers it's important to have appropriate cover for your home to make sure you're covered for all sorts of eventualities."

Over 65s have lent £1.2 billion to loved ones in the past 12 months

SOME PEOPLE are turning to their elders to cover the cost of holidays, nights out and other expenses, according to a new study from Gocompare.com. The survey found that more than one in three (35%) people aged 65 or older often lend large amounts of money to friends or family, and this is despite figures from the Office for National Statistics showing that they have, on average, almost half the household income of the rest of the population.

When asked, 33% of those aged 65 and over said that they have lent money to pay off a loved one's bills or debts. Almost one in ten (8%) said they previously loaned money in order for a friend or family member to buy a house, suggesting that many people are still struggling to get a foot on the property ladder without financial assistance.

More than one in ten (12%) said that they had lent at least £1,000 or more in the last 12 months, meaning that over 65s gave out a staggering £1.2 billion in the past year.

Out of all the age groups questioned, the over 65s were the most likely to lend a loved one over £1,000 with almost a quarter (24%) saying they would do so. Conversely, the over 65s were also the age group least likely to ask for money, with more than half (59%) saying that they would not borrow from a friend or family member.

More than three quarters (76%) of over 65s said that they would be embarrassed to ask a loved one for money – the highest proportion of all the age groups. What is more, 10% of this age group said that they would rather take out a payday loan than turn to someone they know for financial help.

Matt Sanders, banking and credit card expert at Gocompare.com, said, "It's interesting to see that the over 65s are the most likely to lend large amounts of money to loved ones and the least likely to ask for anything in return, despite having a lower household income than other age groups.

"Though our research has found that the majority of adults of all ages have either lent their family and friends money in the past, or would consider doing so (64%), it's worth remembering that this can cause disputes. In fact, a third (33%) of people surveyed said they had either fallen out with a loved one over money or know someone that has.

"And it's perhaps the desire to avoid such clashes that leads so many over 65s towards payday loans rather than asking for help from people close to them."

Horoscopes

29th November - 5th December
Horoscopes from Kim!

Aries 21 March – 20 April

You will be searching for all things cerebral this week. You could be visiting a gallery, theatre, the ballet or simply immersing yourself in some literary tome. Domestically there may be some misunderstanding or confusion with someone with whom you have a romantic connection. Try not to panic: there will be clarification and reconciliation by the end of the week.

Taurus 21 April – 21 May

Now you have your plans in order this would be a good time to listen to that inner voice, trust it and all will be well. You have been hiding a secret wish for some time: now might be a good time to give it a voice. This will be a good week romantically for meeting new people!

Gemini 22 May – 21 June

The focus may be on the home: chores and the mundane at the beginning of the week but hang on in there by the end of the week it could be all change. There should be good news on the work front if you learn to cooperate and not hog the limelight and 'wow' love in the air!

Cancer 22 June – 22 July

This is a busy time: you are in great demand and you may be tempted to feel a little sorry for yourself and put on 'Don't People love you that's why they come to you with their woes. Relax into the role of mentor and confidant and this may bring not only spiritual rewards but maybe financial and romantic too.

Leo 23 July – 22 Aug

Well you are still in the zone and riding high. This is a good time for making investments or seeking that bump up the career ladder. Can your boss refuse. I think not! You are likely to be out of the office and home quite a bit this week and whilst out prepare yourself for a big surprise!

Virgo 23 Aug – 23 Sept

This week's about family or friendship commitments. You could be visiting granddad or Great Aunt Jane or doing a spot of babysitting for a neighbor. Don't despair all this altruism brings its own rewards as love can flourish in the most unlikely of places. I know its cold out there but this is great week for taking some outdoor exercise.

Libra 24 Sept – 23 Oct

Home is where the heart is as the saying goes and never more so this week. This is a time for comfy chairs and slippers and comfy friends and family. Don't expect anything to rock your world this week, it won't. You need this relaxed time to prepare you for the big changes that are soon to take place!

Scorpio 24 Oct – 22 Nov

"It's all about the money, money money" as the song says. Well not all but this is time for making investments, purchasing property or going into partnership. If you are buying or selling personal property make sure you keep the receipt or get the money up front! But don't get too focused on the lucre, your friends need you too!

Sagittarius 23 Nov – 21 Dec

A great week for starting new projects and kick starting your career, your travel plans or your love life: so much to do and so little time to do it in you seem to say. Well here's the thing you can do it all but you may need a little help so do not be afraid to ask for it!

Capricorn 22 Dec – 20 Jan

Have you forgotten to fill in the tax form, send off the electoral register or just check your online banking? Something pretty mundane needs your attention. At the other end of the spectrum there could be that knock on the door, a letter, email or connection on a social media site that brings shocking but interesting and most wanted news.

Aquarius 21 Jan – 19 Feb

Now I don't want to scare you but you need to watch out for health issues this week. Now this is unlikely to be serious but you need to get things checked out. Foreign connections are forecast which means you could be asked to travel abroad for work, meet with overseas visitors. Either scenario will bring strong and interesting relationships!

Pisces 20 Feb – 20 March

You should be meeting the great and good this week. Well you should be rubbing shoulders with the rich and famous at some point soon! A word of caution you know they are the latter and not the former but why ruffle their feathers! As a positive byproduct this meeting may bring someone new and more appealing into your life.

FOLLOW US ON TWITTER
@chiherald

Ten of the best Hawaiian hotels

IN HONOUR of the much-anticipated release of The Hunger Games Catching Fire, hotel comparison website trivago.co.uk has compiled a list of its top ten Hawaiian hotels. Hawaii is a destination like no other, boasting some of the most beautiful beaches, the world's most active volcanoes and renowned as the birthplace of surfing, hula dancing and Hawaiian regional cuisine.

The second instalment of the popular Hunger Games trilogy was partially filmed on the island of Oahu, taking advantage of the jungle habitat and coast of the North Shore. From the luxury hotel which hosted Jennifer Lawrence and the rest of the cast to five star resorts on Kauai, Maui and 'the big island', here are some of the best options for exploring this unique group of islands.

1 Turtle Bay Resort, Oahu
Located on the North Shore of Hawaii's third largest island, Oahu, Turtle Bay Resort was the chosen hotel for cast members whilst filming Catching Fire. Not only did the cast enjoy the two lushly landscaped pool areas, championship golf course, renovated accommodation, outstanding dining and integrated wellness spa, but scenes from the film were shot onsite. The second Hunger Games instalment features Katniss, Peeta and the others battle in the ocean just metres from the resort. The North Shore boasts seven miles of white sand beaches renowned worldwide amongst surfers for their perfect and colossal waves. Guests can try their hand at surfing lessons, paddle boarding, kayak tours and late boarding. Rooms available from £161.

2 The Kahala Hotel & Resort, Honolulu, Oahu
Located on the southest coast of Oahu in the exclusive Kahala district of state capital Honolulu, The Kalaha is one of Hawaii's most luxurious hotels, welcoming presidents, royalty and celebrities since 1964. The hotel features an oceanfront location with 250 metres of white sand beaches, secluded lush tropical gardens and a private lagoon with resident dolphins. Guests can choose between five world-class restaurants and 338 elegantly decorated rooms and suites, featuring complimentary Wi-Fi, 40-inch flat screen televisions, hand-embroidered linens and deep soak bath tubs. The hotel is a short distance from the picturesque Manoa Valley - a rumoured filming location for Catching Fire and set of many scenes in popular television programme Lost. Rooms available from £263.

3 JW Marriott Ihilani Resort & Spa, Kapolei, Oahu
Located on Oahu's equally picturesque west shore, the JW Marriott Ihilani prides itself for its seduison and Hawaiian elegance. The resort boasts four beach coves and white sand lagoons, two pools, an award-winning spa, world-class marina, championship golf course and tennis courts with ocean views. Guests can choose between signature Italian, contemporary Hawaiian and traditional Japanese cuisine at one of the hotel's four restaurants, complimented by tranquil settings and impressive wine lists. In the 387 rooms and suites guests can enjoy 42-inch flat screen LCD televisions, marble bathrooms and balconies with breath taking ocean or mountain views. A variety of activities are available, including water sports, scuba excursions, dolphin sailing and fishing. Rooms available from £201.

4 Four Seasons Resort Hualalai, Kona, Hawaii
Over on the island of Hawaii, otherwise known as "the big island", the Four Seasons Resort Hulalai celebrates Hawaii's Golden Age. Each of the 243 two-storey bungalows feature Island-inspired decor and native Hawaiian artwork, whilst the spacious furnished balconies allow guests to experience the best of indoor-outdoor living. Situated on the North Kona coast, the resort boasts a dramatic landscape of white sand beaches and volcanic black lava. Nearby attractions include the 128-metre Akaka waterfall, Hawaii Volcanoes National Park and the southernmost point of the United States. Guests should not miss the alfresco dining, local ingredients and signature cocktails offered by the three restaurants and two ocean-side lounges. Rooms available from £408.

5 Hilton Waikoloa Village, Waikoloa, Hawaii
Located just up the shore from the Four Seasons Resort, the Hilton Waikoloa is a prime choice on the popular Kohala Coast. This impressive resort boasts 62 oceanfront acres, 1,240 guest rooms and suites, 11 dining options and three swimming pools. Guests can enjoy an array of water sports in the hotel's own four-acre salt water lagoon, including kayaking, paddle-boating, hydro-biking and snorkelling amongst the tropical fish and rare green sea turtles. The resort is famed for its "dolphin quest" program, the only interactive dolphin program on the island allowing guests to touch, feed, learn and swim with these impressive mammals. Guests should not miss the beachside Luau party, complete with Hawaiian cuisine and traditional dancers. Rooms available from £104.

6 Koa Kea Hotel & Resort, Koloa, Kauai
Kauai is geologically the oldest of the main Hawaiian islands and is known as the "island of discovery" due to the striking cliffs of the Napali Coast and the vast Waimea Canyon. Koa Kea Hotel & Resort is ideally located on the south shore's world famous Poipu Beach, boasting breath taking sunsets, exotic sea life and colourful native flowers. This boutique hotel contains 121 rooms with private balconies, a spa experience which focuses on natural ingredients and offers beach-side massages, and an oceanfront restaurant featuring fresh seafood and local produce. Kauai's diverse landscape allows for countless activities, including various hiking trails, mountain biking, zip-lining and helicopter tours over the crater of Mount Waialeale. Rooms available from £244.

7 St Regis Princeville Resort, Princeville, Kauai
On the opposite shore of Kauai, the St Regis Princeville is located within a 9,000 acre resort community, boasting sophistication in a spectacular location. The 460 square-metre swimming pool is the focal point of this hotel, decorated with glass tiles and surrounded by tropical gardens overlooking the ocean. The Anini reef protects the waters of Hanalei Bay, allowing guests to swim, snorkel and even scuba dive without leaving the comfort of the resort. It is also possible to horse ride through the majestic Na Molohama mountain range or kayak the scenic Hanalei River. At the end of a long day, guests can choose between candlelit private dining or the understated elegance of five different dining venues. Rooms available from £238.

8 Honua Kai Resort & Spa, Lahaina, Maui
Maui is Hawaii's second largest island, famed for its winter migration of humpback whales, Haleakala National Park and the scenic Hana coastal drive. On Maui travellers can explore ranches, vineyards and Makawao, home of Hawaiian cowboys. Honua Kai Resort & Spa is situated on the famous Kaanapali North Beach, with championship golf courses and world-class shopping just minutes away. Accommodation at Honua Kai ranges from spacious open-plan studios to luxurious 250 square metre specialty suites. Guests can expect stone entryways, fully-equipped gourmet kitchens, granite countertops and private balconies with ocean views. The 38 acre manicured gardens contain three landscaped pools and four conveniently places hot tubs. Rooms available from £218.

9 The Fairmount Kea Lani, Maui
Slightly further down the coast in Wailea sits The Fairmount Kea Lani, Hawaii's only all-suite and private villa resort, situated in an impressive 22 acres of tropical Hawaiian landscape. One bedroom suites offer at least 80 square metres of space whilst the two-storey oceanfront villas feature fully-equipped kitchens, private courtyards, plunge pools and barbeque grills. Guests can choose between four restaurants, from a gourmet bakery to the award-winning Ko restaurant, inspired by Hawaii's sugarcane plantation era. The new Willow Stream Spa will feature 800 square metres of space, unique Maui ingredients, outdoor spa cabanas and state-of-the-art treatments. Rooms available from £218.

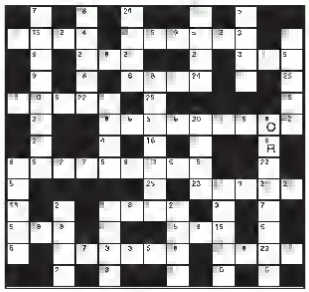
10 Travaasa Hana, Hana, Maui
Over on the eastern shore of Maui, the isolated and untouched town of Hana is the first to greet the rising sun in the morning. Travaasa Hana promises to immerse guests in the real Hawaii, surrounded by grass fields and palm trees above Kahalulu Bay, renowned for its natural beauty and red sand beach. This unique resort specialises in authentic Hawaiian experiences, from lei making to coconut husking, hula dancing and throw net fishing. Guests are encouraged to participate in a "digital detox", with each of the suites and private cottages free from radios, clocks or televisions. Instead, guests can enjoy spacious balconies, private hot tubs and views of the Pacific Ocean. Rooms available from £264.

WOODS
THE COMPLETE TRAVEL SERVICE
READER OFFER
ROBIN COUSINS' ICE
BRIGHTON CENTRE
2 FEBRUARY 2014
Adult & Senior Citizen £41 & Child £30
Dynamic and atmospheric Robin Cousins' ICE will draw you into its unique world, where world class skaters glide, soar, flip and fly in a truly theatrical setting. Featuring a soundtrack of original music and reworked modern classics that you will know and love.
Seats in the south raised stalls for the matinee performance.
Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington
0 1 2 4 3 8 6 8 0 8 0
Park Road, Bognor Regis, West Sussex, PO21 2PX

Brain Gym

Crossword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off



1	14
2	15
3	16 R
4	17
5	18 O
6	19
7	20
8	21
9	22
10	23
11	24
12	25
13	26

Last week's solutions

1 M	2 G	3 V	4 Y	5 H	6 J	7 W	8 C	9 L	10 B	11 K	12 E	13 A
14 T	15 I	16 X	17 U	18 Z	19 Q	20 O	21 S	22 P	23 R	24 N	25 D	26 F

Wordsquare

O	N	N
I	A	I
D	G	R

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, forms on words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found

How you rate...

15 words - average
25 words - good,
35 words - very good,
40 or more - excellent

Last week's solutions

affed, deaf, fade, fades, fail, failed, fale, fales, fame, famed, faud, feuds, feudal, am, feuds, field, fields, fin, fined, fines, fim, filmed, fimes, fam, flame, flamed, flames, flea, flef, flee, flue, fluef, fluid, fume, fumed, flumes, fuel, fues, fume, fumed, fumes, fuse, fused, fuef, ife, safe, self

Double Crossword

Choose either quick or cryptic clues

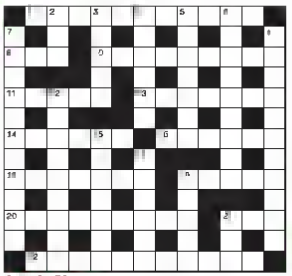
Cryptic Clues:

Across

1 Natural tendency for the a location of one's property (11)
9 That makes revolutionary processes easier (3)
10 Hurried back to redirect food supplies - that's the story (5)
11 To cause aversion makes somebody refuse (5)
13 Disguised Belgian often seen in Calcutta (7)
14 Board-seven article served in a dish (6)
16 From the progressive is clearly of one new strain (6)
18 Get in search of strong drink we hear - it provides vegetable food (3, 4)
19 The settlement will be to his advantage (5)
20 To bring in a busy worker is of considerable consequence (6)
21 Meadow showing end-eat foliage (3)
22 He puts the chestnut on in the top covers (4, 7)

Down

2 & 15 Dn. Describing the show with badly participating setting? (3-7)
3 A list of juries from Nepal (5)
4 The writer needs decor in the south east (6)
5 Coach gives the terrain a different look (7)
6 Few will be involved in this kind of government (9)
7 This couldn't be expected from an enemy vessel (11)
8 Opposed to a state set-up - make it a free land (4-7)
12 Ammonia is can for beaming fruit (9)
15 See 2 Down
17 Make good representative with a distinctive bearing (6)
18 Crowns that are monastically undressed (5)
21 Falsely state the position of the golf-ball (3)



Quick Clues:

Across

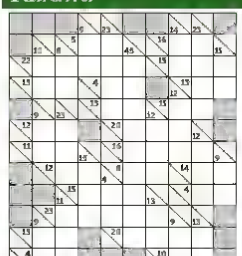
1 Explorers (11)
9 Favourite (3)
10 Respectable (5)
11 Disagreeable (5)
13 Determine (7)
14 Carry to excess (6)
16 Have inhibitions (6)
18 Performer (7)
19 Ate dinner (5)
20 Amuse (9)
21 Study (3)
22 Unceremonious (4,3,4)

Down

2. Suitable (3)
3. Robust (5)
4. Divulge (6)
5. Hates (7)
6. Uprising (9)
7. Dogmatic (11)
8. Etonian (5-6)
12. Watcher (9)
15. Merit (7)
17. Keep (5)
19. Dullard (5)
21. Type of lettuce (3)

Last week's solutions:
CRYPTIC Across 1 Flag 3 Hearty 9 Epigram 10 Thats 11 Sold as sweets 13 Touchy 15 Salem 17 Plant behind 20 Drive 21 Article 22 Lineswomen 23 Ores Down 1 Flash in, 2 Alibi 4 Remiss 5 On the warpath 6 norms, 7 Year 8 Free thinkers 12 Lurkers 14 Utopian 16 Strafe, 18 Insurrection Idol QUICK Across 1 Gehenna 3 Prodigal 9 Dismiss 10 Surge, 11 Posthumously 13 Eyrie 15 Escape 17 Contemptible 20 Ocean, 21 Drought 22 Steeder 23 Stay Down 1 Oedipussed 2 Bass 4 Assume 5 Despatches 8 Gamin, 7 Less 9 Disheartened 12 Recent 14 Odessa 18 Smudge, 19 Right 19 Toss.

Kakuro



Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions

Scribble pad

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9

Last week's solutions > From left to bottom: Simple, Intermediate, Difficult

Simple

7			5	8	1	2		
	9					7	1	
	5	3		9				4
			6	3		4		
	7		8			3	6	
		8		4	7			2
2				5		8	4	
	8	9			6	5		
		6	2	7	8			9

Intermediate

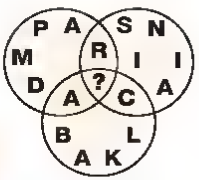
	8				5			7
		2	8	3	6		9	
8		1		2			5	
1						3		
4			2		3		1	9
		5						8
	3	9		8		2		4
			5	7	9		3	
						9		

Difficult

5	1	3			8			
8							6	
					7	2		
7	2			3	1			
			4				3	
				4	2		7	9
			9	6				
		5						2
					8		5	1	6

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words and the letter represented by the question mark?



Last week's solutions.
The letter represented by the question mark is P. Symphony, arpeggio, rhapsody, all musical terms

Alphamuddle

Rearrange the letters in the grid B to make five words that read both across and down. Five letters have been placed to start you off

		G		
A				
			E	
				T
	E			

A

G	I	R	E	N
S	T	A	I	P
S	L	E	T	S
A	V	E	V	A
V	E	G	A	N

B

Last week's solutions
Brand-Rotor-Atone-Nones, Dress

Chichester
HERALD
CHICHESTER'S LARGEST INDEPENDENTLY OWNED NEWSPAPER
Find us on twitter
@chiherald
Chichester Herald is the area's largest independently owned newspaper, written and put together by local people, reaching an audience of up to 75,000 every week
Tel: 01243 200999
Email: advertising@chichesterherald.co.uk
www.chichesterherald.co.uk

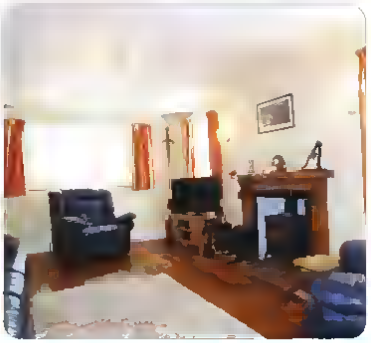
FIND YOUR PERFECT PROPERTY
In Chichester & the surrounding areas

Property

FEATURE PROPERTY:
NYETIMBER
£430,000

An extended and refurbished cottage style house situated in a quiet cul-de-sac The specification includes g f h , refitted shower room dual aspect living room, a ground floor bedroom/study triple aspect kitchen/dining room, master bedroom with en suite shower room two further double bedrooms a dual aspect luxury bathroom, a recently constructed brick built garage and good sized secluded gardens EPC RATING C

For more information contact Coastguards Estate Agents on 01243 267026
www coastguardsproperty co uk



Inside Local sales and rentals | Coastguards | Persimmon Homes | Feature Properties

£14,000 premium for living in a market town

HOUSE PRICES in market towns are on average £14,000 (or 6%) higher than their county average, according to research from Lloyds Bank.

Two out of three market towns have an average house price that is above their county average. Beaconsfield is the most expensive English market town with an average house price of £801,371 and also has the largest premium with houses trading at 181% (or £554,017) above the county average. Bakewell has the next highest premium with prices 99% (£160,459) above the Derbyshire average, followed by Keswick in Cumbria (95%).

Ten of the most expensive market towns are in southern England.

Lewes in Sussex (£382,219) and Cranbrook in Kent (£381,598) are the next most expensive market towns in England after Beaconsfield. Bakewell is the most expensive market town outside southern England with an average property value of £322,519.

Ferryhill in County Durham is the least expensive market town in England with an average house price of £84,018. Ferryhill and Immingham in Yorkshire and the Humber (£97,722) are the only towns in the survey where the average house price is below £100,000.

House prices in market towns have risen by an average of £936 per month in past decade.

The average house price in market towns across England has risen by 50% from £153,776 in 2003 to £230,061 in 2013. This is equivalent to an average rise of £930 per month over the past decade.

Marc Page, Mortgages Director at Lloyds Bank, commented: "The popularity of living in market towns is clearly evident from the significant premium that many of them command over their neighbouring towns. Indeed, recent government research concludes that cities and smaller towns should try and replicate the community spirit, thriving high streets and social networks often seen in market towns.

"Market towns offer an excellent quality of life, with high levels of health and low crime and unemployment; they also tend to have higher levels of retired people and young couples without children. Market towns are seen as desirable places to live – small enough for people to feel included but large enough to remain private."

More than a quarter of the market towns have seen house prices grow by more than 50% since 2003.

Eight of the ten market towns recording the largest price increases are in northern England with five in the North East. The biggest increase was in Saltburn on the north east coast where the average price rose by 94% from £68,899 to £133,889. Saltburn is followed by Berwick upon Tweed in Northumberland (85%), Seahouses in Northumberland (84%) and Ferryhill (77%). In southern England the largest house price growth was recorded in Cranbrook in Kent (66%) followed by Lewes in Sussex (65%).

Seven out of ten market towns have seen prices rise since 2009.

Average house prices have risen in seven out of ten market towns since the bottom of the housing market in 2009. Contrary to the decade as whole, it has been market towns in the south that have performed best in the past few years. Beaconsfield in Buckinghamshire recorded the largest price growth in the past four years (45%), followed by Didcot in Oxfordshire (27%) and Horsham in Sussex (25%). The average price growth for all market towns in the survey was 8%.

SOUTH COAST
HUMAN RESOURCES

Take the stress out of employing staff with South Coast HR

Your people are the most important part of your business, and without them you can't succeed. Your employees can also create big headaches when it comes to employment law compliance, underperformance, absence and making sure you recruit the right person for the job.

For a small business having your own HR Manager is often a complete luxury that most just make do, and do without.

Now that luxury can become an affordable reality with South Coast HR. We become your HR Manager and take care of all your people needs leaving you free to get on with running your business.

Let us take care of
- Drafting / issuing employee contracts
- Drafting policies and keeping these up to date
- Dealing with any maternity leave & flexible working requests
- Monitoring and dealing with employee sickness
- Dealing with any staff complaints
- Interviewing potential staff
- Advising on disciplinary situations and conducting those difficult meetings
- Advising on how to make any redundancies
- Training and development
- On site HR administration
- Plus much, much more

South Coast HR are friendly and approachable and will take time to get to know you and your business – providing you with honest, practical advice when you need it most. Either pay for what you need or and when you need us, or budget for your needs from as little as just 4 hours a month.

@SouthCoastHR

Call: 01243 787093 Email: contact@sc-hr.co.uk www.sc-hr.co.uk

WOODS
THE COMPLETE TRAVEL SERVICE

READER OFFER

WEST SIDE STORY
NEW VICTORIA THEATRE, WOKING
20 FEBRUARY 2014
£40 per person

With music by Leonard Bernstein and lyrics by Stephen Sondheim, West Side Story is one of the most popular musicals of all time. The story of the Jets and the Sharks set in Manhattan has been attracting audiences since it was first produced in the late 1950's. Sing-a-long to classics such as 'America' and 'I Feel Pretty'.

Seats in the Stalls for matinee performance

Pick ups in Chichester, Rose Green, North Bersted, Bognor, Felpham, Littlehampton & Rustington

01243 868080

Park Road, Bognor Regis, West Sussex, PO21 2PX

coastguardsproperty

6 Coastguards Parade, Barrack Lane, Aldwick

www.coastguardsproperty.co.uk Telephone: (01243) 267026 Email: office@coastguards-property.co.uk

rightmove.co.uk The UK's number one property website

NAEA

The Property Ombudsman

CRAIGWEIL-ON-SEA **£425,000**

A very well presented luxury apartment situated on the first floor in landscaped gardens with direct access to the beach. A good sized lounge with sep dining area both offering views over the garden to the sea, sun balcony, master bedroom with sea views & en suite shower room, two further double bedrooms, bathroom, fitted kitchen, garage and delightful communal gardens. EPC Rating: C

FORD **£795,000**

A detached cottage style house set in approx two acres of ground offering superb sweeping rural views. The property has potential for further development if required. Cloakroom, entrance hall/study, dual aspect living room, dining room, good size kitchen, separate utility room, master bedroom with en suite shower room, two further bedrooms, second shower room, detached triple garage with studio/office over, heated swimming pool and hot tub, 2nd timber garden store. EPC Rating: E

ALDWICK BAY ESTATE **£670,000**

A spacious detached house situated in quiet cul-de-sac of private marine estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H. u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, alarm, lounge, dining rm, sitting rm, kitchen/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool. EPC rating is D

ALDWICK **£595,000**

An unusual detached property situated in a secluded position within 200 yards of the private beach. The very well presented property includes a spacious entrance hall, cloakrm, a living rm, good sized conservatory/dining rm, kitchen/breakfast rm, utility rm, grfl bedrm with en suite bathrm, further grfl bedrm/study, first floor bedrm with en suite shower rm, family bathrm, detached dble garage with study/office over, secluded Southerly gardens. EPC Rating: C

ALDWICK BAY ESTATE **£269,950**

A ground floor flat situated in a small development in private marine estate approx. 150 yards from the private beach. The property has been made the subject of a programme of refurbishment and modernisation and includes g.f.h. u.P.V.C. dble glazing, dual aspect living room with doors opening to the West facing area of garden, fitted kitchen & bathrm, three bedrooms, garage and the use of the South facing communal gardens. EPC RATING: C

CRAIGWEIL-ON-SEA **£237,500**

A two bedroom ground floor flat situated in a private road within three hundred yards of the beach. G.F.H. u.P.V.C. double glazing, a 17' triple aspect living room, two double bedrooms, a refitted kitchen, refitted bathroom, a garage and a private South West facing rear garden. EPC Rating: E

NYETIMBER **£79,950**

A one bedroom ground floor retirement flat approx 200 yards from local shops and bus service. Living room, kitchen, bedroom, bathroom, communal gardens, residents lounge and laundry room. EPC Rating: D

Motors

SPONSORED BY PANTHER TRUCK RENTAL
01243 778109 www.panthertruckrental.co.uk
PANTHER TRUCK RENTAL

Brits haggle "hard"

ARE WE turning into a nation of hagglers? According to new research analysis from Sainsbury's Bank Loans, more people are haggling over the cost of cars. The findings reveal that 65.8% of those people looking to buy a car in the next six months from September of this year will haggle "hard", compared to just 56.7% of those planning to do so during the same period five years ago.

The figures, from analysis of Sainsbury's Bank's Car Buying Index which has been running for over a decade, reveal that 94.9% of people looking to buy a car in this six month period will haggle. Five years ago, this figure was 86.6% with far greater numbers of car buyers unprepared to haggle.

Sainsbury's Bank is encouraging anyone planning to buy a car to haggle. With car showrooms trying to ensure they make monthly sales quotas, there may be some room for negotiation, especially in the quieter winter months.

The research shows that men are most prepared to haggle, with over two thirds of them (69%) prepared to haggle hard, compared to just 57% of women.

Simon Ranson, Head of Banking at Sainsbury's Bank commented: "It's encouraging that Britons appear to have become increasingly prepared to haggle over the past five years, but it's not just on the forecourt where they can get a good deal through a little bit of negotiation. Shoppers in the market for other large items such as kitchens, windows and even furniture could be surprised at how much money they could save themselves by haggling."

Sainsbury's Bank Loans provides some haggling tips:

- Look for items that are already discounted, this could mean the retailer might have more pricing flexibility
- Know the market – research offers available in different outlets
- Keep your excitement in check and don't look too keen

make them think that you are prepared to walk away
- Get a price from an online seller and ask a high street store to match it – they often will
- Go at a time when the forecourt or store is less busy

As well as haggling over the price of the vehicle, it also pays to shop around for a competitive loan rate. Sainsbury's Bank is encouraging those thinking about using a loan to shop around as rates can vary significantly, and to consider their repayment timescales as this can have an impact on the total amount they repay.

For further information on Sainsbury's Bank Loans, log onto sainsburysbank.co.uk/loans

Jaguar Land Rover celebrates 1,000,000 vehicles built at Halewood operations

JAGUAR LAND ROVER is celebrating the production of the 1,000,000th Jaguar Land Rover vehicle at its Halewood advanced manufacturing facility, near Liverpool.

The 1,000,000 vehicle is a unique Range Rover Evoque, painted in a special one-off colour combination and will be donated to Cancer Research UK. The vehicle is a Fuji White, Dynamic with ebony-black alloy wheels and distinctive and unique Firenze-Red contrast roof, matching Firenze-Red mirror scalps and red/black sports seats and interior door panels.

Global demand for Range Rover Evoque has exceeded expectations with 18,000 advanced orders before job 1 on 4 July 2011. With continued demand for Evoque and growing sales of Land Rover Freelander 2, this production milestone was achieved earlier than predicted. Production volume at Halewood has increased significantly over the past 12 months due to 24 hour working, bringing the arrival of the 1,000,000 vehicle ahead of original forecasts.

Richard Else, Operations Director, Halewood, said: "We are delighted to be celebrating this huge milestone for Halewood. This unique Evoque looks stunning and is a one-off vehicle that will raise money for Cancer Research UK projects here in the North West."

CAR AND VAN HIRE IN CHICHESTER

PANTHER TRUCK RENTAL

A FAMILY OWNED AND FAMILY OPERATED CHICHESTER BUSINESS

GRAVEL LANE, QUARRY LANE INDUSTRIAL ESTATE, CHICHESTER, PO19 8PQ.

12 X 9 X 9 BOX JUST 75p EACH

18 X 12 X 12 BOX JUST £1.89 EACH
Double wall box for heavier items but the right size for lifting when full

22 x 14 x 14 BOX JUST £1.99 EACH
Single wall larger box for bigger items

24 x 18 x 18 BOX JUST £2.99 EACH
Larger box for bulky items and double wall for strength

BUY 10 OF ANYTHING AND GET 10% off
GREAT VALUE MIX AND MATCH

BUBBLE WRAP
JUST £3.98 FOR 20 METRES
OR £18.00 FOR GIANT 100 METRE ROLL

PARCEL TAPE
JUST 99p ROLL

WARDROBE BOXES
£9.95 EACH

TAPE GUNS
£4.99 EACH

LARGE QUANTITIES HELD IN STOCK - JUST CALL IN AND COLLECT
MON - FRI 0800 - 1730 OR SAT 0800 - 1200

West Sussex Trading Standards
Buy With Confidence
Approved Trader

www.panthertruckrental.co.uk e-mail enquiries@panthertruckrental.co.uk
FAMILY RUN BUSINESS - ESTABLISHED 1987

CHICHESTER 01243 778109

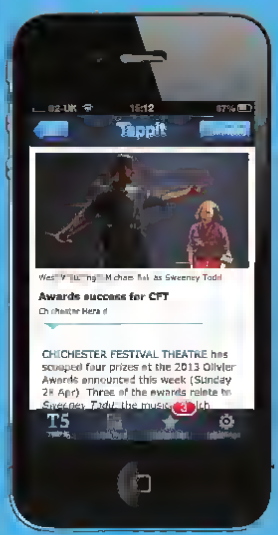
Advertise. Publish. Easy.

Tappit
You can't knock it.

Visit **www.tappit.co.uk** to get a FREE account and start creating an advert in just a few easy steps...

Category | Location | Date | Logo | Content | Publish

Get the Free Tappit App.


Tappit
Awards success for CFT
CHICHESTER FESTIVAL THEATRE has scooped four prizes at the 2013 Olivier Awards announced this week (Sunday 28 Apr). Three of the awards relate to
T5

Up-to-the-minute information about what's happening where you are...

- Location-based news, info, offers & deals.
- Favourite your interests for future alerts.
- Customise what you want to see.

Available on the App Store

ANDROID APP ON Google play

Herald Recruitment

BOXES AVAILABLE AT
£25 PER WEEK PLUS VAT

About Us

Chichester Herald provides businesses with an unrivalled targeted and cost-effective advertising solution across the City with a newspaper readership of 83 000

The newspaper is available for self selected pick-up across the city of Chichester and surrounding areas in a wide variety of locations every Friday

We also deliver thousands of newspapers to homes across the area every week

As well as this over 1000 businesses in our area will also get at least one newspaper delivered to them whether they are in the City Centre a town or village an industrial business park or a lone cafe on a country road

We have 422 newspaper stands across the district which is located as far north as Midhurst south to Selsey the Witterings and Pagham east to Arundel and west to Bosham

What better way to advertise your vacancy to thousands of people starting from £25 + vat per week

Experienced Care Assistants, Private Nursing Home

A prestigious care home s requ ring experienced care ass stants to join their well established team You w ll need to have a patient disposition be hardworking and have a real des re to provide the h ghest level of care to the res dents We expect a professional attitude with n the home We want care ass stants that will work well as part of a team but to also be able to use their initiative

Duties

- Assist qual fied staff in the running of the care home
- Maintain h gh standards of care to the residents
- Maintain a clean and safe environment for the res dents and other staff
- Act in a professional manner at all times
- Promote d gnity privacy and independence at all times
- Participate in social activ ties

If you are available to work 18 36 hours a week, and have the ability to meet our high standards pleas a apply All applicants must be el gible to work in the UK Appl cants will need to be over 18 years of age and a DBS check will be required.

Competitive salary

To apply for th s role please forward your CV to
Carer Position Westhampnett House
Stane Street, Westhampnett, PO18 0NT
Or email CV to **admin@westhampnetthouse co uk**

Sales Executive required

The Chichester Herald are looking for a highly motivated and enthusiastic individual to join the paper at this exciting time of expansion

The ideal applicant will have experience in sales with a proven track record of working to challenging targets and deadlines

The full time role will involve both telesales and face to face sales to build on our existing client portfolio Self-motivation full driving license and professionalism are essential for the role

Competitive salary commission and company benefits

For more informat on or to register your interest please contact

dean adams@chichesterherald co uk

To advertise here call **01243 200999** or email **advertising@chichesterherald.co.uk**

Sailing

National nod for sailing clubs

NINE West Sussex sailing clubs have had their junior and youth racing credentials rubber stamped after being confirmed as RYA Champion Clubs for 2013-2014.

Arun Youth Aqua Centre, Bosham SC, Emsworth SC, Emsworth Shipper SC, Felpham SC, Itchenor SC, Lancing SC and Chichester and Crawley Mariners yacht clubs are centres of excellence for young sailors in pursuit of future international success.

The RYA Champion Club programme is the foundation of the RYA's hugely-successful and productive Junior and Youth Racing Programme, and the very bedrock of the British Olympic and Paralympic Sailing Team.

The programme recognises, promotes and invests in clubs that have continually introduced young people into sail racing and encouraged them to progress via good quality race training in a safe and fun environment.

Bosham SC is one of no fewer than 173 sailing clubs nationwide benefitting from investment, support and resources as part of the RYA Champion Club programme. Matt Wright, the club's Training Principal, explains the difference being an RYA Champion Club has made to them.

"At the start the programme gave us the impetus we needed to make the necessary investment in the club s future, namely focussing on our juniors and youth. With the help of many volunteers, including parents and the training team, we now have an established programme for the younger members to participate. One local school contacted us specifically because of the news about us being an RYA Champion Club.

"Our summer Junior Week has always been popular and this year over 105 young people participated in 125 boats over six cadet classes. Thanks to our RYA Champion Club status it is now supported by a structure across the year, while also stimulating us to encourage families and run 'Welcome Sailing Days' for new youth members.

"We have really benefitted from the RYA's support, particularly with higher level coaching from class specific experts and have enjoyed success in the Optimist and Topper classes nationally, but also internationally in both the Feva and 420 classes.

Fevas ready to take to the water at Bosham Junior Week 2013 (Photo credit: Bosham SC)

"However the real benefit of being a Champion Club has been felt across the club, with a younger and a more active racing membership giving the senior members a real challenge in our regular racing programme."

Following a successful bid to Sport England as part of the RYA's 2013 – 17 Whole Sport Plan, the RYA took the opportunity to review, update and refine the RYA Champion Club programme.

Duncan Truswell, RYA Youth Racing Manager, added: "These RYA Champion Clubs are the very foundations of our World Class performance programmes, providing great coaching, advice and support and great places for young people to have fun while learning to sail, race and developing their enthusiasm for competitive sailing.

"They continue to be instrumental in consistently developing the next generation of Olympic and Paralympic sailors. We are indebted to the many club volunteers who form the committees, coaches and race officials and who give up their time and expertise to support the next generation of sailors all across the UK."

More information about the RYA Champion Club programme can be found at www.rya.org.uk/programmes/ryachampionclub

Follow us on Twitter
@chiherald

Football

Depleted City lose out to St Francis Rangers

Saturday 23 November 2013
Sussex County Division One
Chichester City 1 – 2 St Francis Rangers

By Chester Browton

CHICHESTER took the lead against St Francis Rangers but eventually lost 2-1 at Oaklands Park

City were missing Joe Gromett and Alex Ansa who were both called up for the Sussex Under 18 team, while Gareth Sanashee, Ollie Brookes and Joe Manners all figured in the starting eleven for the first time this season with several other regulars also absent.

The Saints had the ball in the net after 8 minutes, but Dan O'Farrell's effort was cancelled out by the referee's whistle And 10 minutes later the official ruled in favour of Chichester again when Morgan Forry's run towards goal was thwarted by a Josh Bryant foul

Forry himself took the resultant spot-kick, confidently firing straight down the middle to make it 1-0

But a couple of minutes afterwards St Francis were level with Aaron Walsh also shooting in a penalty City had found themselves in a panic situation after a clearance was intercepted by the Saints' forwards and Brookes committed a foul marginally inside the box to abruptly halt the danger

The second-half was a very scrappy affair, and play was only 40 seconds old when Saints scored what proved to be the deciding goal with Nathan Millroy cheekily slipping the ball straight past Anthony Ender who had barely been given time to put his gloves back on

The visitors nearly grabbed another when Walsh sent in a cross to the far post but sub Harry Farmer just mis-timed his slide in for what would have been his first touch of the ball.

City: Ender, Heath, Bonifacs, Gody, Hibbert, Sanashee, Groom, F Smith, Brookes, Manners, Forry. Subs: Watts, Blakeman, Lee-Smith

Ladies go level on points at the top

Sunday 24 November 2013
South West Combinations League 2013 2014
Chichester City 3 0 University of Portsmouth

LAST SUNDAY saw Chichester ladies make the short trip along the coast to play the University of Portsmouth ladies. After playing two cup games and averaging ten goals scored and zero conceded per game Chichester were looking to take this great form back into the league in this match. The team knew that with Plymouth in cup action a win would take them joint top of the league with a game in hand

From kick off Chichester dominated the game and restricted Portsmouth to short spells of possession just inside the Chichester half. With Wride and Widdowson providing some excellent through balls Strudwick and Challen were finding early space behind the fullbacks and putting some searching balls into the box however Chichester were unable to convert any of these chances. Portsmouth began to sit deep on a very short pitch, not allowing Chichester to get any balls in behind and restricting them to long range efforts. The best chance of the half fell to Challen when a well-timed run to the back post saw her volley the ball narrowly over after being found from the opposite side

With fourteen shots in the first half Chichester felt they should be going in ahead but thanks to a fantastic performance from the Portsmouth goalkeeper the sides went in level

Chichester started the second half with renewed purpose, and were looking to break down a back line and goalkeeper who had so far kept them to long distance efforts. The Green army continued their dominance and forced several corners in quick succession. With Strudwick delivering some testing balls in it was only a matter of time before one provided a goal scoring chance. It came when a corner caused confusion after a flick on and Widdowson nonchalantly volleyed the ball in from close range.

The goal clearly spurred Chichester on and they began to search for a second goal from the off. The introduction of Fowle paid almost immediate dividends when she picked up the ball on the left beat two players and rifled a fearsome shot into the top corner of the net from 20 yards. A fantastic individual effort and one that saw a score line more befitting of Chichester's dominance.

There was no let up from the Chichester attack who were all looking to further the score line. More chances were created however the Portsmouth keeper was equal to them. The third goal finally came when Shrubb was put through on goal, despite the goalkeeper getting a touch to Shrubb's finish Cheshire was on hand to apply the finish to the rebound

A hard fought victory for Chichester which saw them rise to joint top of the table. The ladies next game is at home to Gloucester city in the first round of the FA cup KO 13.00

Straight from the Johnny Cantor box

Nice to see you, to see you nice; Albion's squad come up against past players

NICE TO SEE YOU, to see you nice- It's a phrase most of us would expect on a Saturday night on BBC 1 as Bruce enters the stage on Strictly. This weekend you could be forgiven for using them ahead of the lunchtime kick off at Dean Court

Brighton and Hove Albion head to AFC Bournemouth in the Championship and not only do the two south coast sides come face to face, but Albion's squad come up against at least one old face. Both defenders Steve Cook and Tommy Elphick are now plying their trades with the Cherries after moving through the ranks at the Albion. Cook is a doubt with an injury but Elphick looks set to start. I enjoyed watching both for the Seagulls in years gone by and they represent all the good work of the past with the Sussex club- Local boys done good.

Elphick grew up just a few miles from the Amex stadium and will be keen to impress after leaving his hometown club and prove what they are missing. In a way Elphick's departure was instigated by the swift progress made under Gus Poyet. There wasn't much room for the likes of Tommy and Cook to impress on a regular basis.

During the construction of the new stadium I often talked with Tommy about the potential emotions of walking out at the Amex. That day may well come on January 1st in the corresponding home fixture. Of course both have memories to savour. Elphick's strike at Villa Park in the FA Cup will live long in the memory. Hastings-born Cook deputised in big games very well, like Liverpool in the Carling Cup and those performances have earn't him a deal at his new club. Accounts from my colleagues who watch him week in week out say he has been Bournemouth's stand out performer this season. Fans say he will be missed if his injury is worse than first thought.

Every Albion fan will be hoping for 3 points on Saturday but I hope both players go on to long, successful careers. Elphick is 26 but Cook only 22, so there's plenty more to come. Elphick went on to play over 180 times for the Seagulls and as Sally March continues his emergence as a prospect for the future we are reminded how important it is to bring through local talent. The 19 year old March will surely add to his 4 appearances so far and hopeful will become a regular in the Albion's first team and make his local school, family and friends even more proud

BBC SUSSEX
95.3FM | 104.5FM | 104.8FM | DAB
Be part of it.

Sussex County Football League Tables

Division One

	Team	P	PTS
1	EAST PRESTON	14	30
2	HASSOCKS	14	30
3	CROWHURST ATHLETIC	15	28
4	LITTLEHAMPTON TOWN	13	25
5	EAST GRINSTEAD TOWN	14	25
6	HORSHAM YMCA	14	24
7	DORKING WANDERERS	15	23
8	SELSEY	14	23
9	NEWHAVEN	14	22
10	LINGFIELD	14	21
11	ST FRANCIS RANGERS	14	18
12	PAGHAM	14	16
13	RYE UNITED	13	16
14	CHICHESTER CITY	14	15
15	SHOREHAM	12	14
16	LANCING	13	14
17	LINGMER	13	13
18	ARUNDEL	12	12
19	HAILSHAM TOWN	13	4
20	WORTHING UNITED	13	3

Division Two

	Team	P	PTS
1	EASTBOURNE UNITED AFC	13	32
2	LOXWOOD	15	32
3	HAYWARDS HEATH TOWN	15	31
4	BROADBRIDGE HEATH	13	27
5	LITTLE COMMON	15	26
6	STEYNING TOWN	13	25
7	MILE OAK	13	23
8	BEXHILL UNITED	15	22
9	AFC UCKFIELD	12	19
10	WICK & BARNHAM UNITED	14	18
11	WESTFIELD	13	15
12	OAKWOOD	13	13
13	SEAFORD TOWN	13	12
14	STORRINGTON	14	11
15	RUSTINGTON	14	8
16	SALTDEAN UNITED	13	7
17	MIDHURST & EASEBOURNE	14	6

Division Three

	Team	P	PTS
1	LANGNEY WANDERERS	7	19
2	IFIELD	9	18
3	FERRING	9	16
4	HOFFEY	9	15
5	BILLINGSHURST	10	13
6	SIDLESHAM	7	12
7	BOTTINGDEAN VILLAGE	10	11
8	HURSTPIERPOINT	9	10
9	UCKFIELD TOWN	7	7
10	CLYMPING	8	7
11	SOUTHWICK	9	6

Follow them on Twitter
@BBCSussexsport
@Johnnycburger

Furniture & Mirror SHOWROOMS

Furniture you desire – furniture you deserve!

THE LARGEST COLLECTION OF EXCEPTIONAL QUALITY SOLID OAK FURNITURE IN THE REGION

SIDEBOARD
£390

MIRROR
£90

CABINET
£475

NEST OF TABLES
£140

EXT. DINING TABLE
£395

FREE DELIVERY within 7 DAYS!! [60 mile radius]

DINING - LIVING - HOME OFFICE - BEDROOM - WALL ART - ACCESSORIES

VIEW ONLINE @ www.furnitureandmirror.com

The Furniture Ombudsman Ltd. Member

MAIN SHOWROOMS @ UNITS 5 -6 TERMINUS MILL, TERMINUS RD IND ESTATE
[NEAR CINEWORLD] CHICHESTER PO19 8UN TEL: 01243 783960

OPEN 7 DAYS - ON SITE FREE PARKING